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Issue No 78
Available from Wednesday,
March 11, 2009

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ISSN 1753-119-5



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Picture: KNP

SHOOTING COPPERS

Journalists, photographers and television crews hemmed in by police during last year's week-long Camp for Climate Action at Kingsnorth. Kent Police has admitted that details of press and television staff were collected during the surveillance operation and stored on a national database.

BY SIMON ROBINSON

THE personal details of law-abiding protestors are being stored on police databases, it has emerged.

Names, addresses, photographs and video footage of thousands of climate campaigners – including those who attended last year's Camp for Climate Action at Kingsnorth – are all being held on a central "intelligence system".

These details can be held for at least seven years. The database also includes information about journalists, cameramen and photographers who reported on the week-long climate camp.

On Monday police chiefs accepted they should not have placed members of the media – who had all shown official press cards – under surveillance.

A national newspaper's investigation into the police's surveillance squads and protestor database, published on Saturday, claimed demonstrators' details can be stored regardless of whether they have been convicted or arrested.

Police forces across the UK can even exchange this information, enabling officers from different forces to identify which political events an individual has attended.

Liberty, the human rights group, has launched a legal challenge on the police's surveillance tactics.

Speaking to The Guardian, legal officer Corinna Ferguson said: "A searchable database containing photographs of people who are not even suspected of criminal activity may well violate privacy rights under article eight

CONTINUED ON PAGE 3

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1 Lift the gloom with an aerial tour of the county.
See the community channel and search 'helicopter'



2 Kent's 'neglected' Nobel Prize winner explains his work.
See the community channel and search 'Nobel'



3 Banking on pupils learning how to handle their money.
See the community channel and search 'crunch'

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Printed by Newsfax

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Online fight for riverside railings takes to streets

■ BY SIMON ROBINSON

HUNDREDS of residents will take to the streets this weekend to campaign for railings to be installed along the riverfront.

The 'raise awareness walk' has been organised on social networking site Facebook and comes following the death of 18-year-old Sonny Pataria last month.

The former New Brompton College pupil's body was spotted in the River Medway, near Gun Wharf, Chatham, on Wednesday, February 11.

Sonny's death follows that of Chris Lawless and Terry Reynolds – both of whom lost their lives in the river in the past two years.

Friends and loved-ones of all three men are expected to take part in the campaign march, starting by Strood market at 11am this Saturday.

'Brilliant idea'

Dozens of Facebook members have posted messages on the website confirming their attendance.

Sue Burgess wrote: "I will be attending for all those have lost their lives in the River Medway including our very good friend Chris Lawless. Feb 23, 2008. RIP never forgotten."

Karen Smith added: "I'll be there for our darling Terry and all the other people that have been taken from their love ones."

Alex Hardie wrote: "I did not know Sonny well, but out of respect to him and many others I'm going to be there and do this walk. I think it's such a brilliant idea. RIP Sonny."

The march has been linked to a Facebook group called the 'Get Higher Railings For Medway River 4 Sonny P RIP' – set up just days after Sonny's death was confirmed.

It has been backed by more than 2,700 members.

The group's founder called on



NOT FORGOTTEN: Teenager Sonny Pataria's body was spotted in the River Medway

Medway residents to support her campaign, saying higher railings could save lives.

Writing on the group's page, Rachel Smith wrote: "The River Medway needs higher railings to save people like our poor Sonny P. Let's take action in saving more lives."

The body of Christopher Lawless was recovered from the River Medway in March 2008.

Mr Lawless, from London, was last seen leaving the Amadeus nightclub, Strood, at 2.40am on Saturday February 23. His body was found in the river nearly three weeks later.

Teenager Terry Reynolds went missing on New Year's Day 2008.

The 19-year-old, from Chatham, was last seen on January 1 after he and two friends went out to see in the New Year in Rochester. His body was found several weeks later.

• Email yourmedway@kosmedia.co.uk

yourmedway
NEWS IN BRIEF

Nightclubbers' benefit from new patrol team

HIGH-visibility police officers have begun patrolling Medway's nightspots at the weekends – in a bid to reassure revellers.

The Safer Medway Intervention Team will be operating every Friday and Saturday night in various locations across the towns.

Chief Inspector Iain Mackenzie said: "Recent figures have proven that crime related to Medway's night-time economy is very low, with less than ten incidents reported every weekend.

"However, we are determined to provide the public with added reassurance through visible policing."

48-year-old arrested over suspected arson

A ROCHESTER man has been arrested in connection with a blaze at a derelict pub.

Fire ripped through the Three Gardeners at 12.05am last Wednesday, sending plumes of thick smoke billowing out of the Strood pub's windows.

More than 40 firefighters spent hours tackling the flames, which completely gutted the building.

Officers confirmed they were treating the blaze as arson and arrested a 48-year-old man at 7.45am that morning.

He has subsequently been released on police bail until Thursday, May 7.

Quartet charged with Christmas Day attack

FOUR men have been charged with assault causing grievous bodily harm in connection with a Christmas Day attack.

An 18-year-old boy suffered severe head injuries when he was assaulted in Duncan Road, Gillingham, at 2.40am.

Benjamin Larkin, 18, of Leeds Square, Twydall, Joseph Potter, 20, of Leeds Square, Twydall, Gary Davis, 20, of Allington Road, Gillingham, and Jonathan Moley, 20, of Beechings Way, Gillingham, appeared at Medway Magistrates Court on Friday. They were remanded in custody to appear at Maidstone Crown Court on March 20.

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USA arrest 13 years on from brutal attack

A MAN wanted in connection with a brutal attack on his estranged wife and her new partner in Gillingham 13 years ago has been arrested in California.

Jaswinder Rana was living under another name and identity but now faces extradition back to the UK.

Detectives want to talk to the arrested man about the injuries suffered by the couple.

They were attacked by a man with a "bladed instrument" in an incident that left them both seriously injured and the boyfriend confined to a wheelchair.

It is believed Rana, 56, was not charged by police at the time of the alleged assault and moved overseas before he was arrested.

Acting on information from Kent Police, Rana was arrested at his new home in San Jose on Monday last week, said US Marshals Service spokesman Chris Hanson.

He was said to be living with others under the name Suchet Singh.

Officers from Immigration and Customs Enforcement (Ice) were carrying out a surveillance operation on Rana. Detectives from Kent were in the United States at the time, but did not take part in the arrest.

Rana has already appeared before a judge in a San Jose court and it has been reported that during the hearing he apparently made it clear he would not fight any extradition request from the British authorities. Speaking exclusively to our sister paper

■ BY CHRIS MURPHY

Kent on Sunday, the Marshals Service said that in March 1996, Rana's ex-wife Kirpal Rana and her boyfriend Amar Sandhu were attacked during an angry confrontation.

They both suffered head trauma and injuries to their upper bodies and, according to the US Marshals Service, Mr Sandhu was left wheelchair bound with limited use of his right hand.

The authorities believe Rana first travelled to France and then Canada before setting up a new home in the USA. He was identified and located in San Jose by Ice and the Marshals Service.

A Kent Police source said: "We did have officers in the States, but we are not saying where. They did not assist in the arrest. This is a delicate matter and we are keen to bring him back to Kent."

Mr Hanson said: "Most of the intelligence about Rana came from the British police."

"We were watching the house in an undercover operation and Rana was arrested when he stepped outside for a cigarette."

"He did not put up any resistance and was taken into custody at the Santa Clara county jail."

Rana is being held in custody and is unlikely to be released unless his lawyer, who is a state-appointed public defender, makes a successful legal argument at his next hearing.

No date for that has yet been set.



IN CUSTODY: Jaswinder Rana faces extradition to the UK after his arrest in California, where he was living under another name

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Police database of protestors

FROM FRONT PAGE

of the Human Rights Act. It is particularly worrying if peaceful protestors are being singled out for surveillance."

Footage shot during the Camp for Climate Action revealed the extent police went to identify and monitor members of the press.

An ITV news crew, a Sky News cameraman and several freelance photographers were filmed by police 'evidence gatherers' as they worked outside the main entrance to the Hoo camp. A second surveillance unit later followed journalists to a restaurant.

Reporters and cameramen also said police they had never met knew their names.

Assistant Chief Constable of Kent Allyn Thomas accepted the force was wrong to film the media.

He said: "The situation on the ground was complex with more than 1,000 protestors, together with journalists and camera crews, in a confined area."

"We accept police should not have filmed legitimate journalists, however it was difficult to clearly identify them. There was an issue with a failure of some officers to identify the guarantees provided by the ACPO-registered NUJ card."

"We acted on this and have incorporated training about this in our guidance for future operations."

Truancy crackdown after 139 children found on streets

SKIVING schoolchildren were collared as part of a truancy crackdown.

Medway Council's education welfare workers and police officers patrolled the Pentagon shopping centre in Chatham, returning youngsters of compulsory school age back to their schools where necessary.

The crackdown came after it emerged that 139 children have been stopped on the streets during school hours since the start of the new academic year.

Most of the youngsters were accompanied by a parent or adult.

Excuses for absence ranged from "they're ill" to "it's their birthday."

Children's services boss Cllr Les Wicks said: "We have a duty of care towards children and all parents and carers must accept that they have a legal obligation to ensure that children of compulsory school age receive an appropriate education."

"Poor school attendance has a

detrimental effect on a child's progress and prospects. I would ask every parent to ensure their children attend school regularly."

"Medway means business and council officers and the police will continue to monitor the towns to ensure children are where they should be - in school."

The anti-truancy drive will be repeated later in the school year, with officers patrolling truancy hotspots across Medway.

Youth crime reduction officer PC Mel Ling said: "It is important that children in Medway are safe and when they are truanting from school they may be placing themselves into unsafe situations."

"Truancy initiatives are an effective way for the police to work in partnership with the council and tackle issues of non-school attendance."

"Our message is clear - school is the safest environment for children to be in."

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NEWS IN BRIEF

Men warned to check for signs of prostate cancer

HOSPITAL chiefs are urging men to be more aware of the signs and symptoms of prostate cancer.

The appeal comes after it emerged that last year more than 220 Medway men were diagnosed with prostate cancer.

Nearly 35,000 men are diagnosed with the disease in the UK each year, and around 10,000 die as a result.

Medway NHS Foundation Trust urology nurse specialist Irina Vieira said: "We need to do more to raise awareness of the signs and symptoms, and encourage men to come forward much earlier."

Tips making web surfing more safe for children

TWO free web safety seminars will take place tomorrow – giving parents the chance to learn about internet filters.

The events focus on raising awareness about inappropriate content and contacts children may make while online and also tips on how to avoid cyber bullying.

The seminars take place at St Mary's Island Primary School in Island Way West, Chatham, starting at 1.30pm and 7pm. To book a place call the school on 01634 891050.

Chance to be chicken tester for the Queen

FOOD-lovers are being invited to apply for the vacant 'chicken tester' job at Harvester's.

The new employee would be charged with sampling the restaurant chain's chicken dishes – for free.

The position has been made available to coincide with the reopening of The Queens Head in Maidstone Road, Wigmore.

To apply for the role as official Harvester Chicken Tester at The Queens Head, email testers@harvester.co.uk before the closing date on Sunday.

Prizes for the top team at library's literary quiz

BOOKWORMS are invited to test their literary knowledge at a light-hearted quiz.

The contest takes place at Rochester Library on Friday March 20, with the first question being posed at 7pm and prizes for the winning team.

A Medway Council spokesman said: "If you're a bookworm then take part in a light-hearted book quiz and find out some fascinating facts."

'Back down over airport now Boris'

MEDWAY'S three political parties have all hit out at Mayor of London Boris Johnson's plans for a floating airport.

Mr Johnson has outlined proposals to build the airport in the Thames Estuary as an alternative to the expansion of Heathrow.

But the plans have been criticised by Medway's Conservative, Labour and Liberal Democrat groups.

Campaign

At a full council meeting on Thursday Tory councillors promised to step up their anti-airport campaign and called on their political rivals to unite on the issue.

Cllr Les Wicks said: "What is important is that we all join forces to protect Medway from the plight it faces if such a floating airport ever comes to fruition.

"I don't believe this is an issue for political point-scoring. Medway must stand together to defeat this plan, whoever happens to want to build it.

"Boris Johnson needs to be confronted and

■ BY SIMON ROBINSON

persuaded to back down".

Medway Council leader Rodney Chambers added: "We fought the Government tooth and nail over their last attempts to force Medway to have an airport in Cliffe and we will do the same again with this scheme, whoever happens to propose it.

"I do not believe that a floating airport is feasible or required and it is certainly not wanted in Medway.

"The estuary is one of the most dangerous places for an airport in the country. The significant threat of bird strikes could result in a repeat of the Hudson river crash here in Medway."

Lib Dem Cllr Geoff Juby said his party were opposed to the proposals, saying: "There are several reasons why this is a bonkers idea.

"The transport links would not remotely be able to cope with a major airport. If these were built the Medway towns and North Kent would be strangled by concrete and asphalt.

"Environmentally this would be catastrophic



PROPOSALS: Boris Johnson has outlined plans to build Thames Estuary airport in place of Heathrow expansion

both because of the implications of the wild birds on the Thames side marshes and the fact that the whole area is low lying and on a flood plain."

Labour councillor Stephen Hubbard called on Tory leader David Cameron to bring Mr Johnson's plans into check.

He said: "There would be massive land take issues, a big impact on sensitive habitats and a significant risk of accidents from bird strikes.

"The Government has ruled out a Thames Estuary Airport, so why hasn't the Conservative Party ruled it out?

"David Cameron should pull Boris into line."

Join cigarette amnesty and save a packet

SMOKERS are being urged to stub out their habit during a No Smoking Day amnesty in Chatham today.

Nicotine addicts can take the first step to a smoke-free life by taking part in a cigarette exchange at the Pentagon Shopping Centre from 9am to 3pm.

Any of Medway's 65,000 smokers who hand Medway's Stop Smoking Service at least half a packet of cigarettes or tobacco will be given a one-week supply of nicotine replacement products of their choice in return.

Smokers can also have their carbon monoxide levels checked and take in helpful tips on how to kick the habit for good.

Medway Stop Smoking Service's Joscelin Yates said:



"One of the key messages for this year is that smoking is an expensive habit and you can save a packet if you give up.

"But it's not only your wallet that will benefit from quitting the cigarettes, you'll feel fitter and have loads of energy to start that healthy lifestyle.

"You'll also have a better sex life because smoking can create hormonal imbalances that decrease the libido."

Anyone wishing to take part in No Smoking Day activities across Medway is asked to call Joscelin Yates on 0800 234 6805

• For more information about the campaign visit www.nosmokingday.org.uk

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SPECIAL GIFT: Dockyard press officer Gail James and Chris Jones, head of shipkeeping, present the pen holder to the custodian at Downing Street

Obama pen holder gift takes pride of place in Oval Office

TWO craftsmen from Chatham have helped renew the special relationship between the UK and the US – making a special gift for Prime Minister Gordon Brown to give to President Barack Obama.

Ship keepers David Appleton and Chris Jones fashioned a unique pen holder from an off-cut of timber salvaged from Chatham Historic Dockyard's HMS Gannet.

Mr Brown presented the gift to President Obama in Washington last week, when the pair met for the first time since the US elections.

A White House spokesman said the gift had been well-received by the President and had already been given pride of place in the Oval Office.

The political aide said: "During a call that lasted about ten minutes, the President thanked the Prime Minister for the gifts he presented to him – a pen holder carved from the timbers of the HMS Gannet, and a first edition biography of former Prime Minister Winston Churchill.

"The President noted that the pen set is being displayed on the Resolute Desk in the Oval Office and the book is in the President's personal study adjoining the Oval Office."

■ BY SIMON ROBINSON

The pen holder becomes the second Medway-crafted item to adorn the Oval Office, with the President's desk also being hand-made in the same Dockyard joiner's shop more than 100 years ago.

The Resolute Desk – used by all but three US Presidents – was presented to President Rutherford B Hayes by Queen Victoria.

It was made from timbers of HMS Resolute by William Evenden, a skilled joiner, in Chatham in 1879.

Mr Appleton and Mr Jones had been asked to provide a similar suitable gift by Downing Street officials, via Chatham and Aylesford MP Jonathan Shaw.

Mr Shaw said: "I am delighted that the prime minister decided to ask the Chatham Historic Dockyard to provide the gift for the US President.

"The dockyard is famous throughout the world for its history and record of shipbuilding. This is really one of the key things that put Chatham on the map.

"People are proud of the Historic Dockyard and it is much loved. It is iconic, not only for us but for the South East and the country as a whole."

"Now the US President will be aware of the Chatham Dockyard and its iconic history."

Family holidays that won't break the bank

AFFORDING a holiday this year will prove tricky for many families given the recession.

But our free broadband TV channel, www.yourkenttv.co.uk could have the answer.

Julie Maddocks takes a close-up look at one of the biggest costs for any family, and how great days out can be had closer to home.

She ask do we have to spend so much or travel thousands of miles, when there is so much to offer in the County of Kent? Julie looks at how you can save money and enjoy what's on your doorstep.

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NEWS IN BRIEF

Health centre set to open

A NEW health centre will open later this month – offering Medway residents access to doctors seven days a week.

The Medway NHS Healthcare Centre, based in Canterbury Street, Gillingham, opens its doors from Monday March 31.

The state-of-the-art centre offers daily appointments from 8am to 8pm for patients registered at the practice and those who are on the books of other GP surgeries.

The GP-led centre serves as the focal point of NHS Medway's £4 million investment into improving health provision across the towns.

It is backed by three new GP practices – Sterling House, in Second Avenue, Luton, and practices in Wayfield and Boots in the Pentagon Centre, Chatham.

Funding has also been made available for existing surgeries to extend their opening hours. More than 80 per cent of practices now offer early, late or weekend appointments.

NHS Medway's chief executive, Marion Dinwoodie, said: "This is all about providing 21st century healthcare in Medway."

Velos call for cycling track

CYCLING enthusiasts are calling on Medway residents to back their plans to have a velodrome built in the towns.

The Medway Velos, who have been cycling across Medway for the last five decades, said the state-of-the-art facility could help discover the next Olympic medal winner – following in the footsteps of Chris Hoy.

Club president Rodney Kennison said: "With the success of the British cycling team in Beijing it is crucial that we maintain our domineering presence in the sport."

To support the campaign send a letter of support to your MP. Template letters are available at www.medwayvelo.org.uk.

Make most of your big day

COUPLES looking to tie the knot in Medway are urged to pick up a new leaflet showing the full range of approved venues across the towns.

The Your Day Your Ceremony brochure features Chatham Dockyard's historic HMS Gannet (1878) to the simple setting of the new Rochester Registry Office, and everything in between.

The brochure, Your Day, Your Ceremony offers a guide to ceremonies in Medway and is available to pick up at Medway Register Office, North Gate, Rochester.

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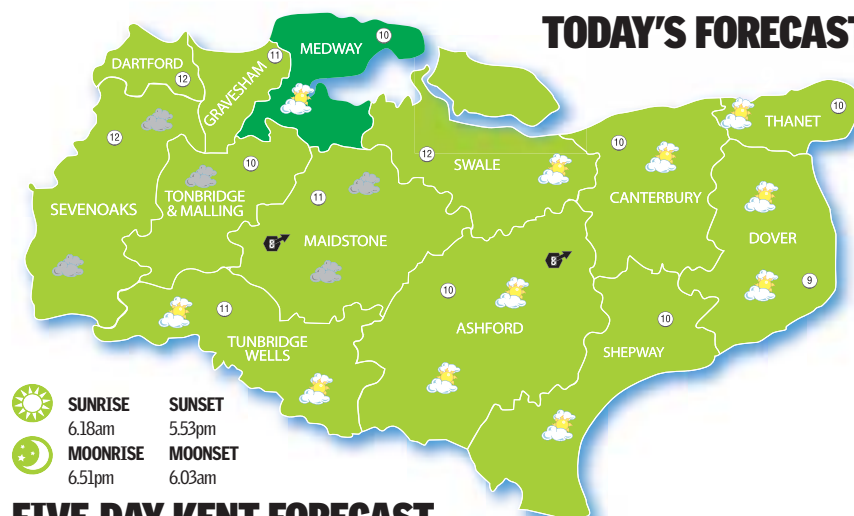
WEEKEND HIGH TIDES

Chatham	Saturday	2:52pm	6.1m
	Sunday	3:25pm	5.9m
Dover	Saturday	1:03pm	6.5m
	Sunday	1:36pm	6.4m
Dungeness	Saturday	1:03pm	7.6m
	Sunday	1:39pm	7.3m
Ramsgate	Saturday	1:33pm	5.0m
	Sunday	2:06pm	4.8m
Sheerness	Saturday	2:42pm	5.8m
	Sunday	3:15pm	5.6m
Whitstable	Saturday	2:56pm	5.2m
	Sunday	3:24pm	5.1m



AROUND THE WORLD YESTERDAY

Amsterdam	7°C	Madrid	15°C
Athens	16°C	New York	14°C
Barcelona	15°C	Paris	10°C
Beijing	8°C	Rome	14°C
Bombay	32°C	Sydney	22°C
Cape Town	31°C	Tenerife	20°C
Cardiff	9°C	Tokyo	11°C
Gibraltar	16°C	Vancouver	5°C
Hong Kong	17°C	Warsaw	4°C
Las Palmas	20°C	Wellington	17°C



	SUNRISE	SUNSET
	6.18am	5.53pm
	MOONRISE	MOONSET
	6.51pm	6.03am

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	11°C	12°C	12°C	12°C	12°C	Gravesend	11°C	12°C	13°C	12°C	12°C
Canterbury	9°C	10°C	12°C	11°C	10°C	Maidstone	11°C	11°C	12°C	12°C	12°C
Chatham	10°C	10°C	12°C	10°C	11°C	Ramsgate	9°C	10°C	12°C	11°C	10°C
Dartford	11°C	12°C	13°C	12°C	12°C	Rochester	10°C	10°C	12°C	10°C	11°C
Dover	9°C	9°C	10°C	10°C	10°C	Sevenoaks	9°C	10°C	11°C	10°C	10°C
Faversham	10°C	10°C	12°C	10°C	11°C	Sittingbourne	10°C	10°C	12°C	10°C	11°C
Folkestone	9°C	9°C	10°C	10°C	10°C	Tonbridge	11°C	12°C	12°C	12°C	11°C
Gillingham	10°C	10°C	12°C	10°C	11°C	Tun Wells	11°C	12°C	12°C	12°C	11°C

ROUND THE BEND: Crayford dog track has changed days

Friday night now the new night for a trip to the dogs

TOP dogs will soon be bounding out of the traps at Crayford on Friday nights – in a major change to the track's weekly meets.

The established racetrack is switching its Monday night meet to Friday and is determined to attract more people from Kent.

The last Monday meet will be held on April 6 and the first Friday one on April 17.

To mark the move, racetrack chiefs have lowered the meal deal ticket for both Friday and Saturday nights. A three-course meal, including entry and a race card, will cost £27.50 per head, down from the old Saturday night price of £33.

Crayford Greyhound Track's marketing manager Diana Illingworth said: "The move from Monday to Friday is a big change for us, but it puts all of our weekly races at the end of the week. We'll have the three matinees – Tuesday, Thursday and Saturday – as well as Friday and Saturday nights.

"We're really looking forward to it and hope we'll tempt more corporate visitors to enjoy a night out at our racetrack.

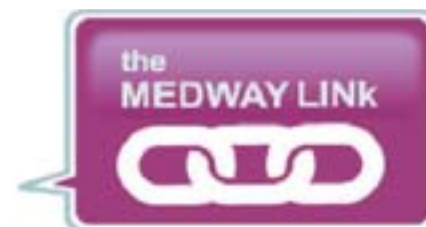
"We'll be listening to our customers' needs and develop the new Friday night accordingly."

The first Friday race will get underway at 7.30pm. Gates open at 6.15pm. Entry costs £6 per person and includes a race card.

For more information visit www.crayford.com.

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E-mail: info@kmn-ltd.co.uk
Office Hours: Monday – Friday 8.30am – 4.00pm

Local Office
The Medway LINK, Avenue Business Centre,
17 New Road Avenue, Chatham, Kent, ME4 6BA
Tel: 01634 821135
E-mail: info@kmn-ltd.co.uk
Office Hours: Monday – Thursday 8.30am – 4.00pm



The LINK Coordinating Team

yourlocalinterview

QUESTION & ANSWER

MIRANDA HAYES



Q How did you get involved with Action with Communities in Rural Kent?

A Pure Fluke! Before I joined I was practice manager for a veterinary surgeons in Dover. I was looking for a job for my sister who had recently moved down from London, I saw an advert for a deputy director and thought that it looked really interesting, so I applied and I had an interview. I got a parking ticket whilst I was in there, and I then got a phone call from the director that evening offering me the job.

Q What is the main aim of the organisation?

A Our aims are to ensure that rural communities have the facilities, tools and skills they need to retain their self sufficiency and sustainability. We do this through a number of ways, offering help and advice to local parish councils, particularly if they want to undertake a parish plan, we support and work with community halls, ensuring that the local shop is well stocked and supported so that it can survive. We work with housing associations and the local authority to try to provide housing for local people that is affordable. We also offer practical help and funding advice for parish plans and community groups across the whole of Kent and Medway.

Q What does your role involve?

A My role is mainly office based, I administer three funding schemes. The EON Scheme in

Medway, the ESF Community Grant Fund and the COMMA Fund. I also line manage five members of staff and help them to achieve their individual project targets. I do all of the finance, including salaries and project funding returns. I organise the annual Village of the Year competition and I prepare the end of year audit. I generally oversee the office and its equipment.

Q Which areas of Kent do you think need the most community support and advice?

A Most people would answer east Kent as there is a perception that east Kent is more deprived than the west of the county. Whilst I understand the reasoning behind this, there are areas in west Kent which do need help and it does get a bit difficult when trying to fund individual projects which are trying to support those people who are deprived in west Kent.

Q Do you find your job rewarding?

A I most certainly do, having a community undertake a parish plan and actually see some funding for the projects that the community has identified is fantastic. I also love the people I work with, they are so committed to helping communities to help themselves.

Q What is the hardest thing about it?

A Having to turn down a funding bid and not having enough hours in the day.

Q What hopes do you have for the year ahead for Action with Communities in Rural Kent?

A Action with Communities has been in existence since 1923. I hope that the organisation will go from strength to strength and that we will continue to find new ways to support small local communities.

Q What do you get up to outside of work?

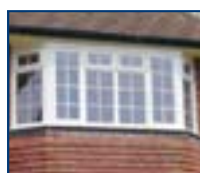
A I am married with four children, two of whom have left home. The youngest are ten and eight and they take up a lot of our time, we organise lifts to football, horse-riding, Stagecoach, cricket and piano lessons.

We also currently have three girls that we have previously looked after and have now adopted as our own children, and although they are now 23, 21 and 20, we can't get them to leave for love nor money! We are also registered foster carers and we currently have two boys from Afghanistan living with us. Ian and I also support a couple of young parents. I have a large family and enjoy spending time with my brothers and sisters. I go to the gym and swim three times a week. I love to cook and when I get home you can find me for the next two hours in the kitchen preparing different meals, some of which uses Halal meat, quick food and diet food. As you can imagine, I don't get to watch much telly, so I indulge my love of books and am normally found at about ten o'clock at night either in the bath or curled up in bed with a book.

Q&A

The deputy director of Action With Communities in Rural Kent spoke to **Marijke Cox** about the role of the organisation and the challenges it faces in the future and all her out of work commitments including fostering

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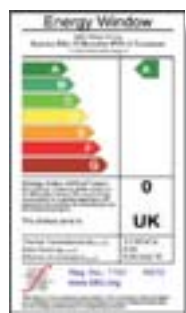
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EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

Historic tour had me flying high out of economic gloom

■ BY SIMON ROBINSON

IN these darkened days of almost apocalyptic credit crunch misery, there's precious little to put a smile on our frown-filled faces.

The housing market is in freefall, the banks have posted record billion pound losses and thousands of workers are being made redundant nationwide each day. Gillingham FC will probably miss out on promotion too.

In these desperate times it's important to seek out moments of positivity – things which will hopefully help turn that frown upside down.

My pick-me-up came by way of an hour-long helicopter tour of Kent.

The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking.

During the county-wide tour we cruised over sites such as Canterbury Cathedral and Leeds Castle, taking in the picturesque sights from the comfort of our £1 million chopper – previously owned by '80s electro legends Depeche Mode no less.

There is something strangely relaxing in looking down at the world from on high – with the unfamiliar view of familiar towns, motorways, castles, harbours and so forth rendering myself and my fellow passengers speechless.

The Kent tour took us in a giant circle, starting at Rochester Airport before heading east to Whitstable, then on to Canterbury, Dover, Cranbrook, Tonbridge, Sevenoaks and Maidstone before returning to base.

At each location we slowly circled popular tourist attractions.

Dover was a particular high-point of the flight,



HIGH POINTS: The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking including Leeds Castle (above) and the cathedral in Canterbury (above right)

Pictures TONY STIGLE



with the clear blue skies giving a spectacular view of the Channel as ferries made their way to the Continent.

Dover Castle and the White Cliffs also shimmered in the sunshine.

The sights between each town were just as impressive. Acres of green fields stretched out into the distance, dissected by snaking motorways and major roads.

Luxury mansions and manor houses – seemingly inaccessible by road – also peppered the rolling countryside.

Intermittent cloud cover plunged swathes of the county into darkness, while dozens of rays of sunlight fought their way through the darkness, shining dots of light on the ground below.

Such overpowering sights block out the constant whirr of the helicopter blades.

The tour was by AV8 Helicopters, based at Rochester Airport, and cost £150 per person.

Describing its Hellfire Tour, an AV8

spokesman said: "We invite you to experience the sights that gave Hellfire Corner its name. Take off from Rochester Airport and fly along the famous White Cliffs of Dover.

"You can see the gun emplacements, shell holes and fly over historic Dover Castle. We progress along the coast to Folkestone where the Battle of Britain Memorial stands out at Capel-Le-Ferne and you get an idea what RAF and Luftwaffe Pilots must have felt in their Spitfires and ME109's as they battled for supremacy during the Battle of Britain.

"We take in Hawkinge, a World War II fighter airfield, before turning in-land passing over many other historical sites on the way to view the home of Winston Churchill at Chartwell, then return along the North Kent coast passing the majestic Canterbury Cathedral and return to Rochester."

For more information visit www.av8helicopters.co.uk or call 01634 672288.

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- The return of the caravan holiday
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Your 28 page pull out starts on page 23

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Massive response to our campaign



A HUGE response has greeted the first week of our Buy Local Produce campaign – with suppliers, shoppers and even star names flocking to get behind it.

It seems everyone is embracing the concept of buying locally produced food and drink – and in doing so supporting the grassroots economy.

The Buy Local Produce campaign aims to support rural communities by calling on our readers to demand locally sourced and produced goods; to shop from farmers' markets and farm shops; to insist restaurants put the best in local produce on their menu.

■ BY CHRIS BRITCHER

To spearhead the campaign we have launched the website www.foodforkent.co.uk, where you can now buy all your family's food and drink needs in one place. What's more, the prices can even save you money in these tough, recession-hit times.

We've teamed up with a host of Kent's best-known suppliers of vegetables, fruit, fish, meat, breads, wine and beer to already offer an unbeatable one-stop shop of the best of the Garden of England. All of the products encapsulate what buying local means. By not being transported hundreds of miles from our farms to distribution centres around the UK



and then back down to our supermarkets, the food from www.foodforkent.co.uk is packed with freshness. What's more, aside from flavours that pack a punch and tastes which tantalise the tongue, the lack of processing and travelling means all the nutrients and goodness remain, so it's better for you too. If there are fewer food miles, then the environment also benefits.

And if Kent's economy enjoys a boom, then we're helping safeguard the businesses, jobs and traditions on which our county's heritage is built.

For now our team behind the site – who have years of experience in sourcing, delivering and maintaining relations with established, reputable local suppliers – are ensuring those who have been in touch fulfil our tough criteria of quality, health and safety; price, value, reliability of supply and, of course, ensuring the produce comes from Kent.

So why not try the site for yourself today? Filling up your online basket could not be easier. Just browse the variety of products available and with a click of the mouse you can start adding them to your order. It couldn't be simpler. Log-on today at www.foodforkent.co.uk.

The Buy Local Produce campaign is supported by Produced in Kent, the non-profit organisation backed by KCC and Hadlow College.



Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yoghurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4 x oranges, 1 x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1 x Savoy cabbage, 1 x red cabbage, 1kg broccoli, 500g purple sprouting, 1 x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source: mysupermarket.com. Closest match applied. Excludes Express and Metros. Excludes delivery charge. Red number indicates price difference.

To see this clip search for 'food' @ yourkenttv.co.uk



Go behind the scenes of foodforkent.co.uk

WE WANT you to feel completely confident using our great new service – so why not take a glimpse behind the scenes and hear directly from the people behind the www.foodforkent.co.uk site themselves?

We sent a video crew down from our sister website – the free, broadband TV www.yourkenttv.co.uk.

Presenter Julie Maddocks took to the great outdoors to meet the people behind the project, the producers delivering their goods – and the care taken in packing your goods ready to be delivered direct to your door.

• To access the clip, simply visit www.yourkenttv.co.uk and enter the word 'food' in the search bar. Then click on the clip headlined 'www.foodforkent.co.uk'.

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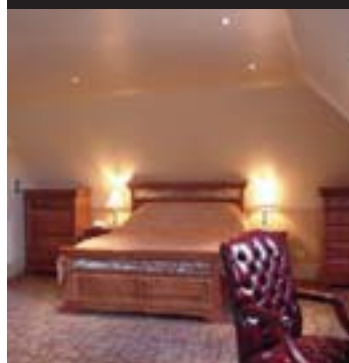
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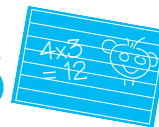
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BREAK TIME



WELL DONE: Philip Storey (centre) accepts NBC's award from Sir James Hill, chairman of the SSAT and Mike Tomlinson, former chief of Ofsted.

College bags two specialist awards

NEW Brompton College came past thousands of schools across the UK to scoop two top awards.

The Gillingham school beat off competition from 2,800 specialist schools to claim a brace of honours at the Specialist Schools and Academies Trust Awards.

NBC was named the most improved performing arts school in the UK and the most improved school in the South East – with both categories being based on GCSE results during a four-year period.

Assistant headteacher Philip Storey attended the London ceremony on behalf of the school. He said: "I felt so proud to be part of the school. I was inundated by people asking how the school has managed to sustain these improvements."

Headteacher Judy Rider added: "What a fantastic start to the term. I'm so proud of everyone at New Brompton College... this is a great achievement."

Medway Council's children's services boss Les Wicks said: "This is excellent news and I congratulate everyone at New Brompton College for continuing to improve its GCSE results."

Satisfactory overview is good news for infants

■ BY SIMON ROBINSON

SATISFACTORY is a byword for Lordwood Infant School, according to its latest Ofsted report.

Inspector Alison Cartlidge described the Chatham school – which has 177 youngsters on its roll – as 'satisfactory' 11 times in the overview of her findings.

Teaching, pupils' achievement, pupils' contribution to the community, academic guidance and the schools' leadership and guidance were among the areas given the level three 'satisfactory' rating.

Despite using the 'acceptable' tag liberally throughout her report, Mrs Cartlidge also found sparks of level two 'good' during her time at the school.

Teaching was said to have some good elements while pupils make good progress in maths.

The school has also shown the "necessary capacity" to improve as standards and pupils' attendance have improved significantly since the last inspection.

Pupils are well behaved and enthusiastic about school. They respect each other and are polite and friendly. One pupil told Ofsted inspectors 'everyone has a friend at the school' and another said 'we are really like a large family at this school'.

Activities such as theme days and visitors boost pupils' enjoyment.

Headteacher Annie Campbell said she was pleased with the report.

She said: "We are delighted Ofsted recognises our pupils are happy, well cared for and supported, that they enjoy school and that there is

GOOD
Personal development and well-being
SATISFACTORY
Overall effectiveness of the school
Achievements and standards
Teaching and learning
Curriculum
Care, guidance and support
Leadership and management



GRADE: Lordwood Infant School received an overall satisfactory rating following a visit from Ofsted inspectors

a good partnership between the home and school – something we have worked very hard to achieve.

"We are committed to making the necessary improvements recommended by Ofsted in order to ensure standards continue to rise."

Medway Council's children's services boss Les Wicks said: "This school is steadily improving and with the good leadership that is in place I am confident standards will continue to rise."

Children and adult services director Rose

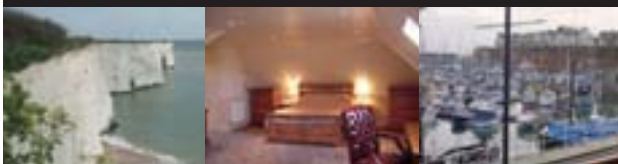
Collinson added: "Lordwood is a school determined to improve and succeed."

"I have confidence in the headteacher and her staff that they will keep improving standards and ensuring teaching and learning is consistent and effective."

To move into the 'good' category the school needs to better plan and deliver challenging work to more able pupils, ensure teachers give pupils more opportunity to write, and use marking more effectively so the children know how they should improve.

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yourmedwayblogger

Each week we get a mystery writer to air their views on living in Medway...

It's crunch time for our guilt donating on Red Nose Day

FEELING guilty is something I am very good at. In fact, it's something of a speciality subject of mine.

If I feel like any of my actions has prompted hassle for someone it gives me a pang of pain. It's really quite annoying. But also very British.

And on Friday we will all be feeling guilty for a variety of different reasons. Because Friday is Comic Relief Day.

Now, on the face of it, this should be a case of celebration. Of light-hearted fundraising which helps put a smile on our face and a glow in our heart. The reality will, for me at least, be an evening of getting emotionally scarred and made to feel as guilty as guilty can be.

I doubt I will be alone. After all, it's by mining the deep seam of our collective British guilt that ends up with the charities raising so many tens of millions of pounds.

Friday, for example, will go something like this. You will wake up and find every BBC radio

and TV show from local to national with an obligatory 'zany' section injected into it. It will be vaguely amusing on BBC One, over the top on Radio 1 and just plain unfunny by the time you've tuned in to Radio Kent.

As you stroll to work you will pass people in 'hilarious' fancy dress collecting cash in buckets. You will give money because you hope it will address your guilt for the day.

It won't. By about mid-afternoon you will think you should be doing something to help out the national effort – and so collect or just donate to an inevitable collection in the office.

By the time you get back home and put your feet up to watch the telly, Comic Relief will already be a few quid better off thanks to your generosity.

Then you'll tune into BBC One. You'll be tricked at first by watching Dr Who touch down in Albert Square or some such silliness. And you'll hover for just a few moments too long. Before you know it they'll be cutting to Billy Connolly in a poor African village. You'll think

'ah Billy Connolly, he's always funny isn't he?'. It will be a mistake. The story he will highlight will be of unbelievable deprivation and sadness. It may have an uplifting ending, but it will rip your guts out with a guilt trip which will reduce you to a blubbing mess.

You'll feel so guilty you'll start thinking how you must get the debit card out and fire up your laptop for a bit of online donating.

By the time you've seen a couple more of these films you'll be happy to donate a lung if it means these people get whatever it is to ease their suffering.

But the difference this year is a very different sort of guilt. And that is of simply not having the spare money to give a decent slice to charity. And that is a guilt which will be hard to bear.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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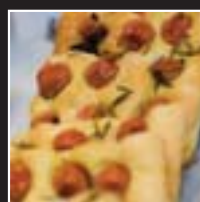
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Write to The Editor, Yourmedway, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

* We cannot guarantee all articles will be published and all are at the editor's discretion

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Monday 18 May 2009

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WHO can resist the delicious smell and sizzling sound of bacon cooking? Bacon Connoisseurs' Week (March 16-22) is a great excuse to tuck into a mouthwateringly tasty bacon sandwich. Anyone can make a butty, of course, but we believe that once you've tried our technique, you'll be in bacon butty heaven!

First, cut two thick slices of soft, warm bread and spread on a thin layer of butter. Always use the best quality bacon you can find – look for the Quality Standard Mark on the pack – and grill until perfectly crispy around the edges. Place the bacon on the bread but don't be tempted to reach for the ketchup or brown sauce. Instead add a generous dollop of The

English Provender Company's scrumptious Organic Sweet Tomato & Chilli Chutney. It's wonder-

fully sticky, with just the right amount of fire from plump red chillies. Our idea of perfection!

But if you like a fruitier taste, go for a spoonful or two of English Provender's Ploughman's Plum Chutney. Full of generous chunks of juicy plums, it'll get your taste buds tingling. All their chutneys are all made by experts using the finest ingredients – which is just what your bacon butty deserves.

To help you create a bacon masterpiece, English Provender is offering you the chance to win the perfect bacon butty kit, worth up to £55. The fantastic unique George Foreman 'Grill and Melt' family sized grill

which lets excess fat drip away and allows you to cook your bacon faster, plus a jar each of Organic Sweet Tomato & Chilli Chutney and Ploughman's Plum Chutney from English Provender. We have eight 'Grill and Melt' George Foreman grills plus chutney to give-away.

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TALK TIME

CLAIRE LAWSON

The Invicta FM breakfast DJ talks about her route into the industry and her musical tastes



How did you get into radio?

I did a little bit of news reading on my university radio station, so when I heard an advert on a local radio station in Newcastle for traffic and travel presenters I sent in my tape. After several live on-air auditions I got the job.

When is your show on and how long have you been doing it?

I'm the voice of weekend breakfast on Invicta FM. I started back in January after taking time off to have my baby girl Gracie. She is now nine months old and it is so good to be back on the radio. You can hear me on Saturday and Sunday mornings between 8 and 12pm.

What are the best and worst aspects of presenting your radio show?

I love the fact that it is so intimate. I'm sat here in the cosy little studio, playing tons of great songs. I get to chat about all the things that I love to chat about. Whether it be gossip on a celebrity or a great film that is out at one of Kent's cinemas. It's great to chat to all our lovely listeners as well on the phones. The worst part of my job is having to get up early on a weekend. But it is worth it.

How much influence do you have on the music played on your show?

A lot actually. A lot of research is carried out to find out what people want to listen to. I think our playlist is great. So much variety of old and new. People often ask if I listen to Invicta when I'm not on air. Of course I do.

YOUR LETTERS



Judge got it wrong about my grandson

Max is my grandson and until that dreadful night was and always will be a kind and caring boy.

How dare the judge label him a thug and coward for defending himself.

When you're on the ground you kick out, that's a self defence mechanism.

Max wouldn't stamp on an insect deliberately. The judge got it so wrong.

Patricia Owen, from Sevenoaks, comment posted on web story at www.yourmedway.co.uk

Free Max, it was just an accident

Max is my cousin and I am outraged by some comments made by others who do not know Max.

If it was them in Max's situation or if they heard more of the story then they would feel com-



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pletely different.

It's not at all like how it's been portrayed by the press and Max is a wonderful caring boy.

He has been there for anyone who has needed him and it was just an accident, he could never

of known it would have broken the other boy's jaw and if he could then I'm positive it wouldn't have happened.

Free Max!

Emma, from Orpington, comment posted on web story at www.yourmedway.co.uk

Council verging on looking a bit dotty

As a gardener of minor skills, I was always told that grass required the winter and spring to recuperate.

During this time it does not increase its height but consolidates below ground. If this is so, what on earth are the Medway Council doing by cutting the road verges in March?

Assuming there is little in the way of work for the department that runs these things, it seems utterly pointless to waste dozens of men on vehicles setting out the ubiquitous cones, others driving gang mowers and yet others blowing grass from one place to another with petrol-driven machinery (formerly a man-powered broom).

When I asked two of them whether they had cut the grass at home, they both clearly stated that it was dotty to do so in March! It is, isn't it?

Would you seek the Official Line In Flannel to justify this, please, adding that shrub trimming is quite a different matter.

T P Stopford, from Rainham, by email

Dumbing down of BBC leaves me cold

The dumbing down of the BBC has become a bit of a cliché but I really could not believe the depths of ineptitude plumbed by the weather forecast last week.

Apparently Kent was going to be hit by temperatures of minus 99 degrees centigrade – it said so on a map which the weather



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forecaster was using.

Granted it was a cold night but it was nothing like that.

Surely a weather expert knows that a temperature like that has never been recorded anywhere – let alone in a temperate zone such as we live in.

Who can have any faith in the BCC and what they say?

Kevin O'Connor, from Chatham, by email



The new team isn't in the same class as Ian

Like many others I really dislike the new format of Meridian news.

Fred Dinage is not in the same class as Ian Axton, the same applies to the rest of the new team.

I don't want news from Southampton and areas beyond Kent, Sussex and Essex. Please bring back the presenters that made Meridian worth watching.

Eric Vinall, from Gillingham, comment posted on web story at www.yourmedway.co.uk

Bring back the old presenters please

Meridian's new "local" news is not a patch on the old one. Could they please bring back the old team of presenters and the old region.

Until then it has to be the BBC.

Derek Chatfield, from Whitstable, comment posted on web story at www.yourmedway.co.uk

Thank you from the bottom of our heart

I am writing to thank all your readers who helped to make the British Heart Foundation (BHF) Red for Heart campaign such a success in February.

It was great to see so many people going red for National Heart Month. From wearing red to work or school, to buying the Red for Heart pin badge, to writing a love note in their local BHF Shop or by raising funds in their own way by going red.

We are also extremely thankful to those people who gave their time for free and organised events and other fundraising activities.

The money your community raised throughout the Red for Heart campaign will help save lives through pioneering research, patient care, campaigning for change and by providing vital information.

It is only with your support that we can beat heart disease together

and save the life you love.

If people would still like to donate to the campaign they can simply visit bhf.org.uk/red or call 0845 241 0976. OR Joanne Howe on 01474 537997 or howej@bhf.org.uk.

Joanne Howe, fundraising and volunteer manager for British Heart Foundation, by email

Go bananas and get fruity to help charity

I am writing to encourage people in Medway to take part in World Cancer Research Fund's (WCRF) 'Go Banana's on Fruity Friday' campaign.

This year's Fruity Friday on May 15 is set to be the biggest ever, but we can only do it with the help of your readers.

We are calling on schools and companies to have a dress-down day, wear yellow for Fruity Friday and make a donation to WCRF. The aim is to get across the message about the importance of a healthy diet in a fun way, at the same time as raising valuable funds for our cancer prevention research and education programmes.

As well as organising fun events such as holding fruit breakfasts or fruity competitions, one way to celebrate Fruity Friday is to host your own 'Beat the Banana!' 5k fun run.

To find out more about how to host a run or how to organise an event, visit www.fruityfriday.org or call 020 7343 4205.

Teresa Nightingale, head of fundraising for World Cancer Research Fund, by email

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MEDWAY SHOPPING

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GET suited and booted at Burton with 30 per cent off selected jackets.

A black slim mod fit suit jacket is £39 down from £69 and a navy herringbone stripe jacket is £49 from £69. Trousers to match are £30 each at the Hempstead Valley and Chatham High Street stores.

A navy pinstripe slim fit jacket is £39 down from £100, with trousers for £40, or get a navy stripe suit jacket for £49 from £70, with trousers priced at £40.

See www.burton.co.uk.

Boost your immunity with discount vitamins

BOOTS is offering three-for-two on selected vitamins this month, covering herbal, complementary medicines and healthy digestion remedies.

Seven Seas slumber pillow pearls capsules, containing a special blend of aromatic oils to help you relax before bed, are only £4.20 for a bottle of 20.

The chain's own brand of vitamin C and zinc tablets, to give a dual action boost to your immune system, is only £2.79 for 60, at stores across Medway.

Super savings on food from the supermarket

HUNDREDS of great deals are available both in-store and online thanks to Sainsbury's, helping to make your shopping budget stretch that little bit further.

The supermarket's own mild smoked salmon is now half price at £4.99, with another £3 off its 240g pack of large king prawns. Butcher's Choice smoked and unsmoked thick cut back bacon is now £2.32 each with a saving of £1.17.

Visit your nearest store or buy online at www.sainsburys.co.uk.

Put some spring in your outfit with new range

STEP into spring with the new range at Dorothy Perkins.

Outfits that are perfect for warmer weather are available, with a cutesy yellow tunic for £25, a lilac long line shirt for £20 and a white v-neck vest for just £5.

For the cooler evenings, mid-wash skinny jeans are priced at just £28, a grey pleat shoulder cardigan is £18 and tan buckle stud belt (£10), are available at Hempstead Valley and Chatham High Street.

Extra money off this ghostly comedy DVD

FANS of Ricky Gervais can get his latest hit Ghost Town at WHSmith.

The film tells the story of Bertram Pincus (Gervais) who dies unexpectedly, only to be revived after seven minutes.

He wakes to discover he now has the ability to see dead people, who all want something from him.

The DVD is £12.93 instead of the RRP of £19.79 and is available at the Pentagon Centre, Gillingham High Street and Hempstead Valley stores.

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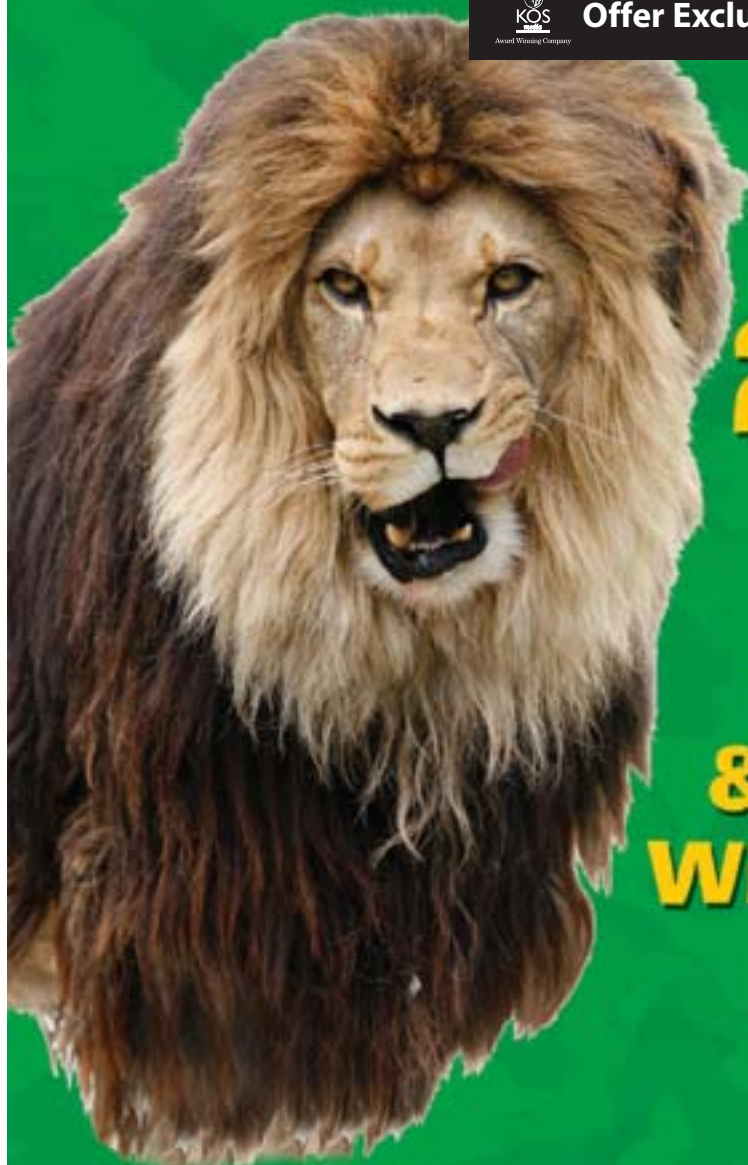


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BEAT THE CRUNCH

Money Matters Guide

Inside your pull out supplement

- 100s of money-saving ideas
- Money-off vouchers
- Discounts galore from local trades
- Look stylish and save money
- Eating out doesn't need to be expensive
- The return of the caravan holiday
- Make the most of mortgage savings
- Why going green saves business cash
- Spectacular money-off vouchers
- Drive the right car for style and savings
- Credit ideas to make money go further

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what's inside

Page 4-5

Vintage clothing is back and it saves you cash. We look at how the Credit Crunch is affecting fashion, and why many people are looking to the past for today's style

Page 6-7

Saving a few pounds here and there is easy really, your grandmother knew that. But we don't want it to make our lives austere. So, here is our Beat The Crunch fun guide to saving.

Page 8-9

About one in seven of you have switched supplier of your gas and electric in the past 12 months. But that figure should be much higher as we force suppliers to

compete. It really is easy

Page 10

If you are a saver affected by falling interest rates, our crippled banks will still sting you. Here's how to avoid it and why you should complain

Page 11

We all like eating out and as restaurants compete for our business there are bargains to be had. Here's where to look...

Pages 12-13

How you are beating the crunch? We spoke to you to find out your top money-saving tips

Page 14

Businesses that think of the environment are actually saving themselves a pile of cash too

Page 16-17

Great food doesn't mean spending a lot and we look at

lesser-known cuts of meat that can be turned into something special

Page 18

The return of the caravan holiday. This year is a bumper year with sites recording increased bookings and a shortage of quality used caravans. But 2009 is set to be a boom year and remember, children love them

Page 19

It's not even spring time but financial experts are urging people to plan for Christmas. Yes really, we explain why

Page 20

Going to the gym can cost you £500 a year, so it's no surprise people are choosing new ways to exercise

Page 21

It may seem crazy to pay

MORE for your mortgage.

But with interest rate at an all-time low, you could make a real investment in your financial future

Page 22

Our look at the financial markets where to make a killing at this tough time, we discover, all you really need is money

Page 23

And if you don't trust the markets or banks, where should you put your hard-earned savings? Well have you thought about art or antique motorcycles? Then of course there's the old favourite: gold

Pages 24-26

Motoring guru Steve Loader takes a look at the bargains to be had at the motor dealers and offers some money-saving driving tips too

Essential guide to where you can save

■ Signature Miramar, the retirement and residential home in Beltinge, Herne Bay, is offering 14 nights' stay for the price of 13

■ Colour Choice Conservatories in Margate is offering free colour on conservatory orders

■ Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins

■ County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors

■ Home Plus in Ashford and Chatham is offering £200 off when you spend over £1,000

■ FG Barnes in Maidstone is offering free six-month road fund licence with all used cars

■ Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery

■ KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30

■ Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products

■ Morris & Turner in Medway is offering 10 per cent off any multi-fuel stove

■ KOS is offering a big button digital cordless phone for just £24.99 – save £20

■ Medway Stoves in Medway is offering a free companion set with any multi-fuel stove purchased

■ Positive impact golf in Manston is offering £10 off any lessons

■ County Garage in Herne Bay is offering a free winter health check and free 29-point including wash and vacuum

■ Aylesford Self Storage in Aylesford is offering three months' free storage for a year for all new document storage clients

■ Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only

■ KOS is offering all-seasons duck duvet, two duvets that button together from only £39.99, save over 50 per cent, various sizes

■ KOS is offering leather organiser handbag by Jane Shilton only £49.99 inc p&p saving £40 off RRP

■ Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus 10% off removals booked

Beat the Crunch, part two. Why it can be fun as well

LAST month's Beat the Crunch Guide hit a real note with our readers as we teamed up with businesses from across the county to offer you money-saving vouchers.

The vouchers can get you a special deal on everything from storage to clothing, discounts on cars and massive discounts on home improvements.

So we've done it again for March and here's this month's guide to making your money go further.

To get your free vouchers log on to vouchersforkent.co.uk, it really is easy and has to be worth a look. Even if you are determined to save, you might just find that something you were going to buy anyway can be bought for less.

And take a little time to look through this supplement, 2009 is not all doom and gloom as thousands of people are discovering.

It really can be exciting too, and for a lot of people there are many positive changes

happening in their lives. OK, we know that jobs are under threat, but there are some families for whom redundancy may bring a change of direction for which they will look back and be grateful in future years.

Of course, for other people the crunch has made them sit up and consider where their cash really goes. Many have surprised themselves with the realisation of the wasted cash they used to let slip through their fingers on frivolous items.

Saving money can be fun. Why rush to the unpopular in-

laws for that weekend lunch? Slow down, arrive 10 minutes later and save yourself a couple of litres of fuel.

Other people have discovered for the first time the joy of local produce through farm shops and cheaper cuts of meat, which can be delicious and really take only a little more time.

If you stop spending £3 or £4 every day on a lunchtime sandwich (which is £80 a month you'll save) to make your own, ensure your home-made lunch is something you'll look forward to. Pick sandwich fillings you love, or dump sandwiches, try baguettes or a microwavable pre-prepared meal. A bit of imagination goes a long way.

Simply, we believe saving money should not be about having a less enjoyable life, you can still have holidays, still drive nice cars and still look after your home to make it our place of sanctuary.

We hope this supplement helps you take a positive view of looking after your money. Remember life goes on despite the crunch and no-one wants just to live – we should have a life.



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Not just a pie in the sky idea

Despite the Crunch, one couple explain why they feel now is the right time to expand their food business. Sarah Jeeves and Kevin Davies spoke to reporter **Tom Betts**

ONE couple are defying the crunch by bringing a taste of London down to Thanet.

Pie'n'mash is coming to Margate's old town next month in the form of the London Pie and Mash Shop.

The shop is the joint endeavour of former south London couple Sarah Jeeves and Kevin Davies.

The shop opens on Wednesday, March 11, and will also be selling another East End favourite, jellied eels.

The pair already own the Ramsgate Cafe in Margate Road, Ramsgate, and they are sticking to the premise that quality will always out, whatever the market conditions.

Hence their decision to expand into a more niche market.

Sarah, 23, said: "We introduced pie'n'mash at the cafe and it has proved so popular that we decided to open a shop that specialises in that."

"We will also be selling healthy breakfasts and other snacks and jellied eels."

The shop's minced-beef pies are all freshly made and served with the mash and mysterious liquor that binds the dish together.

Although Sarah will not give up the secret recipe that makes up the green parsley-based liquid, she said: "It's such a key part of it and we think we make a fine liquor here."

"It is tremendously popular with customers."

Good food at affordable prices – now there's a recipe that's always going to be hard to beat.

Why this could be the time to start on your own

NOW is the right time to start your own business to secure your own future and beat the recession, according to Jake Shepherd, writes **Peter Richards**.

Mr Shepherd is managing partner in MSDC, a design consultancy, based in Gravesend.

He says the middle of a downturn was exactly when he launched his own business.

"People often find strength in the adversity of redundancy, a change in direction helps form a new beginning," said Mr Shepherd. "My agency began as a result of recession 14 years ago."

Here are his key tips to anyone considering starting up on their own:

- **Remember** that your potential customers may be disgruntled by the lack of personal service from their current large supplier who is feeling the financial pinch. As a small business you can be more competitive and provide that personal hands-on service your client needs in the current economic climate which the big companies can neglect.

- **There** are many fantastic small businesses out there, they can help provide the specialist resources you need. And you don't need to employ them, you can hire them by project or even partner with them. It will help you to specialise.

- **Think** what sets you apart – what is your unique selling point? It is unlikely that you are offering a totally unique product or service, so it could be your values, a price point, or your quality of service. It can be anything as long as it is clear and simple. I believe that this is fundamental to the success of your business idea.

- **Keep** up with your contacts and network relentlessly to meet more. This means your previous employer, your old and potential new clients. Write, email and telephone.



LOVELY LIQUOR: Sarah Jeeves outside the Pie 'n' Mash shop and, inset, dish of the day

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Vintage clothes and accessories

By **LAURA KATE BRADLEY**

BUYING and wearing vintage clothing is currently one of the hottest ways to recycle... and save cash.

An estimated two million tonnes of post-consumer textile waste per year are thrown away and end up in landfill sites.

Morethanwaste.com states that "...over the

full life cycle of clothing, there is a range of environmental, social and economic impacts. The growth in fast fashion and consumption is an important contributor to these impacts."

When opting for vintage you are playing an active part in reducing extreme consumption and post-consumer textile waste by recycling.

There are so many wonderful vintage clothes shops to browse, particularly in London.

However, many people don't have time to visit or simply don't have access to them.

Despite there being various online vintage stores, many are massively overpriced or describe and display items poorly.

Love Miss Daisy was launched in September 2008 with a view to providing affordable, high quality vintage clothing and accessories displayed



Lorraine says detox your wardrobe for charity



STITCH IN TIME: Lorraine Kelly is backing Cancer Research campaign for clothes donations

THE recession means more people are shopping in charity shops but fewer people are giving as they hang on to their old clothes to save cash.

Fashionistas in the south-east are planning to curb their spending to become 'recessionistas' in 2009, according to a survey by Cancer Research UK.

Nearly half (46 per cent) the people in Kent will be spending less on clothes and accessories than they did last year in an effort to beat the credit crunch.

Around a quarter (24 per cent) of people in the south-east said they would be looking for charity shop bargains, following the trend for sourcing unique, second-hand or unwanted items to keep up with the 'recessionista'

movement of fashion on a budget.

But Cancer Research bosses have admitted donations are dropping as people are more reluctant to pass on their old clothes.

Times are changing but the charity - backed by TV presenter Lorraine Kelly - has launched a 'Detox Your Wardrobe' campaign by spring cleaning their wardrobe and donating ill-fitting or unwanted items to their local Cancer Research UK shop.

The YouGov survey of more than 2,000 people revealed 77 per cent of those in the south-east admit to having clothes in their wardrobes they never wear.

However, only one in eight unwanted items are donated to

charity, according to a report from the Institute for Manufacturing at Cambridge University.

Lorraine Kelly said: "We all know that times are tough, but this is an easy way to help raise money for charity. Each bag you donate could be worth up to £30, and this will go towards helping to fund Cancer Research UK's important work. We all know someone who's had cancer so I hope everyone has a good sort through their unwanted items and takes them down to their local Cancer Research UK shop."

Bargain-hunters can also check out brand new items in Cancer Research UK shops or, if they prefer, browse online at www.shoptobeatcancer.org.



OLD STYLE: Vibrant red 1960s cocktail dress with sheer panels and sleeves; glitzy 1980s sequined butterfly belt; (above right) 1980s gold and black strappy sandals

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07/03/2009	Saturday	Fletch	Hot Jazz from the mid 20th Century	£5.00
10/03/2009	Trad Tuesday	Blue Arcadians	Traditional Jazz from the 20's and 30's	Free
12/03/2009	Thursday	Frances Knight	Smooth Jazz Trio	Free
14/03/2009	Saturday	Tiffany Wells	Cabaret Style female impersonator	£5.00
17/03/2009	Trad Tuesday	ColRose Four	Traditional Jazz from the 20's and 30's	Free
19/03/2009	Thursday	Roger Lewin & Sarah Jane	Smooth Jazz Piano and Vocals	Free
21/03/2009	Saturday	The Bearing Edge Trio		£5.00
24/03/2009	Trad Tuesday	Deco5 Allstars	Traditional Jazz from the 20's and 30's	Free
26/03/2009	Thursday	Andy MacLean	Swing Sounds from the 40s and 50s	Free
28/03/2009	Saturday	The Barretts	Django Reinhardt inspired guitar duo	£5.00
31/03/2009	Trad Tuesday	Pilgrims Four	Traditional Jazz from the 20's and 30's	Free

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clearly and simply, with detailed yet concise and accurate descriptions and measurements. A welcome relief for those who adore vintage but either hate or have no time for rummaging through rails, shelves and boxes full of clothing.

A real treasure chest of hand-picked vintage beauties, Love Miss Daisy sources



CLASSIC: Stunning vintage purple and gold leaf Radley evening dress circa 1980s; super chic 1980s black and tan leather jacket; and above cute 1970s mini satchel bag; far right the Love Miss Daisy Web page

from Europe, the USA and the UK. Stocking fabulous evening gowns, sassy vintage day dresses, separates, vintage coats and jackets, accessories and all things in between, the collection includes vintage wedding dresses; an ever-growing collection of beautiful, delicate one off gowns at credit-crunch beating prices.

With celebrities such as Agyness Deyn, Sienna Miller and Chloe Sevigny wowing us with their integration of vintage pieces into their headline snatching ensembles, vintage is becoming a must-have. Many wear vintage to illustrate their

own individual identities and personalities, but for those who like to incorporate vintage into their avid following of fashion, take a snoop around the seasonal section. In what has become the signature of Love Miss Daisy, each season current stock is matched to current key trends, enabling fashionistas to remain of-the-moment in an eco-chic way.

The beauty of vintage clothing is that it's built to last. Many items have already travelled thousands of miles and had several loving owners in their past. It is fascinating to wonder whose life each piece was a part of before it became a part of yours.

Many of today's fashions and designer collections are influenced by past decades and bygone eras. So, when classic and original items are still obtainable, who wouldn't want to grab themselves a piece of fashion history?

Love Miss Daisy also has birthdays, Christmas and every other occasion covered, with gift vouchers available from the value of £10. Visit: www.lovemissdaisy.com.



To see this clip, search 'crunch'

@ yourkenttv.co.uk



Julie Maddocks looks at how changing your driving habits could have a big effect on your pocket at the petrol pump

Essential guide to where you can save

■ Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds

■ Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT

■ Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ KOS is offering a set of Bypass and anvil secateurs for just £16.99 save £10

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Essential guide to where you can save

■ GG Racing in Ashford is offering £10 off a 1/400th share

■ Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains

■ Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring

■ County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed.

■ Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)

■ Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100

■ Winter Gardens Theatre in Margate is offering discount theatre tickets

■ St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free

■ Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ KOS – Experience the natural comfort, warmth and luxury of a traditional feather mattress with the innovative mattress topper from only £39.99 save over 50 per cent. Various sizes available

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Don't be bitter, there's



EVERYDAY foods can be used in a variety of ways so let's take lemons.

They can be used as a cleaner – applying lemon juice directly to deposits of hard water residue in sinks can dissolve them and make a bowl looking sparkling and new.

The juice can also be used to clean and shine brass and copper as well as making a good cleaning paste if mixed with vinegar and baking soda.

Adding the soda to half a lemon turns it into a tool to remove stains and scrub dishes clean.

Lemon juice can even be used as a polish for hardwood furniture if mixed with olive oil.

Then of course you can consume it. Cut into little chunks placed in an ice tray and filled with water it makes a perfect accompaniment to a gin and tonic.

And finally when it is about to go off – pop it into the blender along with some ice, a bit of milk and water for an excellent smoothie.

The credit crunch may be all doom and gloom – but there are still ways of raising a smile. **Nick Ames** took time to look at some light-hearted ways to beat the economic blues and have a little fun, too

MOTORING is a major cost for many people so how about some ideas to cut petrol costs.

Driving expert Tim Shallcross of the Institute of Advanced Motorists thinks that drivers can save around 40p a day by reversing into parking spaces.

He says starting a trip by reversing out of the space burns up more fuel as a cold engine requires more petrol than a warm one.

And as the reverse movement requires more manoeuvring than going straight ahead more petrol is consumed in a short period of time before the engine heats up.

Safety and saving can go hand-in-hand. Sticking to the speed limit means a saving of £12 on a 300 mile journey at 70mph rather than 80mph.

Pumped up tyres keep down wear and



tear and fuel costs and open windows on hot days are a more cost-effective measure than a fuel using air conditioning system.

Lastly – planning a route in advance to ensure no detours and off peak travel to avoid jams not only costs less – it eases frustration too.

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lots of ways to save

THE workplace can be a time you can save on costs as well as earn wages.

A thermos of tea or coffee means those expensive trips to a designer coffee shop for that vital decaf latte with cinnamon and nutmeg are a £3.50 thing of the past.

The same with sandwiches and cakes. Making them before the working day starts or the night before and you won't have to fork out for what can be an expensive snack.

Lunch times can be productive – go online and have a look for bargains and you won't be tempted to leave the office.

Flexible starting times mean beating rush hour traffic or being able to purchase off-peak rail or bus tickets.

So asking to get in an hour later and stay an extra hour can be a great benefit.



SHOPPING is also a major outlay so a bit of thought and planning can lead to substantial savings.

Picking stalks off fruit and vegetables before going to the check out can save weight – and so cut down on completely unnecessary cost.

If something is pre-bagged weigh it to make sure it's correctly priced.

Shopping around 40 minutes before a store closes will see many items reduced.

Also the need for urgency means that you won't be tempted to impulse buy as you browse around.

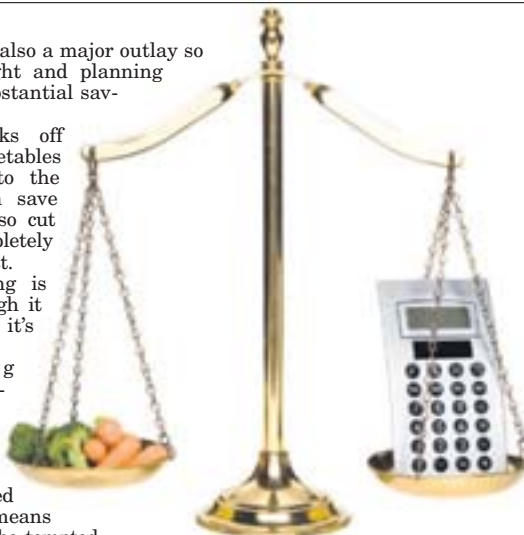
Supermarket own brand cereal tastes pretty much the same as every other.

But if you see the need to disguise your thrift just pour it all into a name brand box. It would take very refined taste buds to tell the difference.

Lastly, if you have children turn the whole shopping expedition into a Bargain Hunt style adventure.

Get the little ones to race around and discover the cheapest alternative of any particular product.

The whole thing then becomes a game – and the family is distracted from the fact that they are going to have to eat the cheapest goods in store and you come out the winner.



Essential guide to where you can save

■ Theatre Royal in Margate is offering two tickets for £20 (normally £14 each) for The Jives Aces on March 20 at 7.30pm,

■ Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides

■ Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance

■ Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and flue systems

■ Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds

■ H & H Flooring in Deal is offering free underlay upgrade on all carpets

■ Hazlitt Arts Centre in Maidstone is offering two for one comedy nights

■ KOS is offering a pressure washer kit £99.99 incl free accessories save £116 on RRP

■ Canterbury Car Radio in Canterbury is offering 25 per cent off all prices, on all RRP prices

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Spend some energy on cost-cutting in the home

We all know that switching energy suppliers should go some way to helping you save money. So why are so few people bothering?

By **NICOLE GROSS**

AS most people receive their quarterly energy bill for the winter period, a survey of more than 6,000 Which? members, by Switch with Which?, reveals that only 15 per cent have switched energy supplier in the last 12 months.

Around three in ten of those who hadn't switched said it was because they didn't think it would save them much money, but people that changed supplier or tariff using Switch with Which? saved £257 on average – enough to pay for a romantic Valentine's break, a Which? Best Buy Sony Bravia LCD TV or 571 pints of milk!

Of those who did take the plunge, 90 per cent found it easy to do and most used a switching website. When asked why they had

changed their supplier, price topped the list.

Customers can also make savings without switching supplier, by changing to an online tariff, paying monthly by direct debit or choosing a dual fuel option, where gas and electricity is provided by the same supplier.

Alison Morrison, Switch with Which?, says: "There's no doubt that 2009 is going to be a tough financial year and we're all looking at ways to cut our spending, particularly as the winter energy bills start arriving."

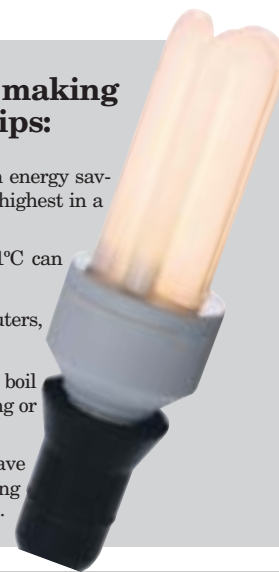
"People may be alarmed at the impact of last year's price increases and shouldn't bank on energy companies cutting their prices by as much as they increased them."

"The potential for an extra £250 in your pocket is a great incentive to change your energy provider or tariff, and help get the year off on a sound financial footing."

Customers can also save on their bills by making their homes more energy efficient, for example, energy-saving light bulbs use up to five times less power than incandescent ones.

Switch with Which? suggests making light fantastic with these top tips:

- Turn off lights when you leave a room and invest in energy saving light bulbs – the Ikea Sparsam stick scored the highest in a recent Which? test
- Lowering the temperature of your thermostat by 1°C can reduce heating bills by up to 10 per cent.
- Stop suffering from standby and turn off TVs, computers, radios and plug points when you're not using them
- Whether you're cooking or making a cup of tea, only boil as much water as you need and use the small gas ring or hob if possible
- Energy-efficient appliances are a great way to save money on bills. If you don't have an 'A' rated washing machine, try lowering the temperature of your wash.



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Take the heat out of your bills

A SLIGHT change in lifestyle choices could pay big dividends for families trying to beat the high cost of living.

Increased heating and electricity bills are two things which are combining to make spare cash an increasingly rare commodity.

At present it is people who have oil central heating which have been the worst hit – due to the massive increase in prices for oil which more than doubled this year.

A current fall in the dollar price per barrel has not been passed on to consumers by the oil companies – unlike petrol and diesel for cars.

It is homes in rural area, which use oil heating the most.

But I'd suggest caution listening to experts who say the best way to cut down on bills is either to switch to gas or electric heating.

They are set to rise as well, in the coming months, or install storage heaters which are a

By **NICK AMES**

cheaper alternative by far.

But changes to the home can be made – and these not only help save cash but are environmentally friendly as well.

- Better cavity walls and loft installation can make a major difference in costs.

- Go on your local council website and find out what grants are available.

- If you are on a low income or are a senior citizen, there's a good chance you can get some free money towards your home insulation.

- Efficient temperature controls such as thermostats are another way of preventing excess heating being generated. Older boilers can prove economically draining.

- Experts recommend replacing those devices which are more than 20 years old or any that are experiencing problems.

Savings in cost of bills will outweigh the

initial outlay according to home economic analysts.

- Old fridges and freezers should also be replaced according to the findings for the same reasons – they use far more energy than new equipment.

- Lastly homeowners should ensure that plugged-in appliances are turned off at the sockets when they are not in use and energy-saving lightbulbs are a must, they last much longer.

Free energy advice can be obtained by calling the Energy Saving Trust on 0800 512012.

A home energy check which assesses heating requirements and recommends improvements in efficiency can also be done online.



GET SWITCHED ON: Efficient temperature controls (left) are a way of preventing excess heating; experts recommend replacing electrical devices more than 20 years old

Essential guide to where you can save

■ Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000

■ Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500

■ H & H Flooring in Deal is offering free accessories with all laminate flooring

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ Theatre Royal in Margate is offering The Riddle of the Sands March 28, 7.30pm. Two tickets for £14 (normally £12 each) quote KOS offer

■ The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu

■ Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial

■ Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub

■ Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets

■ Acorns health and fitness in Chatham is offering a third off gym membership

■ KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP

■ Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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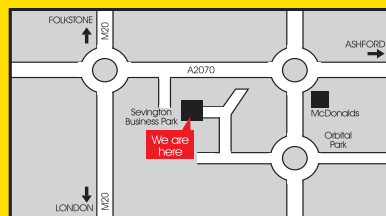
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Don't bank on getting away with an overdraft

AT a time when banks are feeling the pinch as much as anyone – if not more so – it is vital for savers to balance their books.

Those who go overdrawn need to beware as banks will be quick off the mark when it comes to charging them cash penalties which can reach as much as £40 – half of which can be charged for just writing a warning letter.

Charges have been imposed on millions of people across Britain, and in some cases they have been viewed as unfair by financial watchdogs.

And at times of economic hardship they are the last things cash-strapped consumers want to fork out for.

According to Money Expert, the penalty for exceeding an account limit has shot up some 20 per cent over the last 12 months, with the typical levy now standing at around £30 every time this happens in an account.

In such circumstances, struggling consumers may find that going overdrawn further hits their ability to meet payment responsibilities such as personal loans, credit cards or mortgage contributions.

Customers who slip into minor difficulties can see a mountain of debts pile-up, as banks charge £20 or more to send a letter and charge large amounts for going into overdrafts and missing direct debits.

The website Money Expert states that hikes in unauthorised overdraft fees – equivalent to an additional five pounds every time a limit is

BY **ANDREW JACKSON**

exceeded – come in spite of an ongoing investigation in whether such charges are in any way justified.

In a landmark case brought by the Office of Fair Trading, banks are coming under scrutiny for charging such high fees, with certain quarters claiming that they are disproportionate to the costs incurred by the bank for processing the transaction.

Commenting on the situation, Sean Gardner, director of Money Expert, said consumers may be particularly exposed to these punitive charges in the coming months.

He said: "For those people already in their overdrafts the advice is clear, keep a close tab on your outgoings."

But customers who have been charged up to £40 for unauthorised overdrafts, bounced cheques, or failed direct debits are now fighting back against the bank charges.

Banks have long been accused of ripping off customers with the high charges they impose for minor account problems.

Statistics show complaints against banks have soared, according to the Banking Code Standards Board, with most about interest rates and unfair charges.

And public anger at the bonuses given to bankers whose actions have led to the global economic meltdown have fueled the feelings of resentment.



CHARGES: Banks will be quick off the mark to send you a penalty letter for going overdrawn – it could reach up to £40

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvarna ride on mower servicing

■ Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500

■ The Fireplace in Sittingbourne is offering 10 per cent off

■ Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet

■ Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package

■ Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased

■ KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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BY NICK AMES

AS the credit crunch well and truly bites diners would probably be excused for feeling that getting a table at a restaurant should be a lot easier.

Well in some cases that's true.

In one case I know of a friend who never managed to eat at London's top tables currently rings some of those who snubbed him in mid afternoon – and asks if they have any tables available for 8pm.

"Certainly Sir," replies the obsequious Maitre de. Laughing my friend replies "Thought so" and puts the phone down.

Top restaurants across the world are all now accepting last-minute bookings which they would have sneered at a year ago.

I got a table at Balthazar in downtown New York after walking in off the street whereas two years ago I called the place up only to be told Madonna had block booked it.

But for the slightly less exclusive places it is not proving easy at all to get bums on seats.

Middle market chains, such as Pizza Express, Pizza Hut, Strada and Japanese noodle bar Wagamama are attracting thousands of customers every week with discount offers and two-for-one specials.

These deals are being downloaded from the internet by bargain-hunting diners across the country each week.

And then there are the coupons given away with newspapers, especially the Sundays who seem to have an offer a week.

Analysts say the reason that the middle market is making such an effort is that they have relatively high fixed costs and so profit margins are tight in times of plenty.

So when fewer people are opting to eat out they can see the profit-loss equation go into the red.

But chains have to be very cautious when they offer deals on meals.



CREDIT MUNCH: Middle-market chains are attracting thousands of customers every week

Bargain deals, get a pizza the action

Usually one thing which will not be any cheaper is drink. Alcohol has one of the highest mark ups of anything served in restaurants so you'll rarely see a buy one beer and get one free on offer. The odd free bottle of wine per table of four would be more likely.

But restaurants catering for families and middle income people know they have to work hard if they are to survive.

Richer people will always eat out say the

experts – and there is always going to be the demand for a Chinese or Indian takeaway right across the board.

It's the middle market which is suffering as waiting areas packed in pizza restaurants show and queues outside the high street Italian eateries demonstrate.

There are bargains out there and make sure you take a look on the restaurant chains website before you go.

To see this clip, search 'crunch'

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You don't need to go abroad on holiday. We discover what's on your doorstep that will save you money

Essential guide to where you can save

■ Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking

■ GG Racing in Ashford is offering £40 off a 1/100th share in racing shares

■ Elephant Windows in Ramsgate is offering £100 off with any order placed over £2,000

■ A & A Gliderobes in Canterbury is offering up to £100 off

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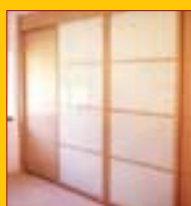
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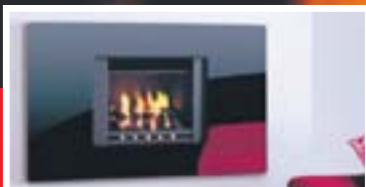
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How is the We took to the streets of Kent to find out what you think...



ROBIN ADAIR FROM WILLESBOROUGH, ASHFORD, SAID:

“ I have lost a couple of window cleaning jobs in the town, like Woolworths. It's hard to know who to blame. It's all about greed. We can all cut back on things but that won't help the economy ”

DARREN GOLDER, MOBILE PHONE SHOP MANAGER IN ASHFORD, SAID:

“ I have less spending money these days and have cut back on a lot of luxuries. Our customers aren't worried about new phones at the moment; they are worried about their tariff and airtime. They want to know they are getting good value for money. ”



KIM SHEARER, FROM DOVER, SAID:

“ I haven't been spending as much as I usually would, but that's since I had a new conservatory put up in my house last year which I put on my credit card. I don't want to spend too much extra while I'm still paying for that. ”

CONAN EVERETT, 24, FROM DOVER, SAID:

“ I got made redundant back in January but I've been lucky and have got back into work already. I'm self-employed now. I think I'll be cutting back on what I spend from now on though, like not buying video games and other things that I'd usually just go out and get without thinking about. ”



JO CLARK, 24, FROM BEARSTED, MAIDSTONE, SAID:

“ To save money during the credit crunch I have started to make cut backs such as taking home-made lunch to work instead of going out to buy it, and not using my mobile phone as much. I am hoping to buy a house soon so I have even more of an incentive to save. ”

MARIA CRITTENDEN, 41, FROM BARMING, MAIDSTONE, SAID:

“ I haven't been affected by the credit crunch too much, it seems to be the people who are in debt and I'm lucky I'm not. I have cut back slightly on expensive things and gone for cheaper options when it comes to make-up, food and clothes but I think everyone has. ”



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crunch affecting you?

ANDREW RAMSBOTTOM, 32, UNEMPLOYED OF STAR HILL, ROCHESTER, SAID:



“I’m absolutely skint. I lost my job in October and have found it difficult to get work. I have to watch what I spend my money on. Luxury items such as TVs go right out the window.”

JULIA DRUMMOND-HAIG, 24, A DESIGNER OF HIGH STREET, ROCHESTER, SAID:

“The credit crunch has not affected me at all. I haven’t spent less, in fact I’ve probably spent more because everything’s much cheaper now, with the high street shops slashing their prices. I’m quite happy with the credit crunch.”



CHARLES HAGGER, 55, FROM FOLKESTONE, JOINT MANAGING DIRECTOR OF A MARKETING COMPANY



“We’ve certainly had the best January that I can remember, in fact we believe we will actually grow during the recession. You get your return on investments from being online, in digital marketing, so we don’t expect to do so many brochures and things like that. I haven’t personally had to make any cutbacks or change of lifestyle, I think the future’s looking bright, but ask me again in six months’ time.”

ANNALIESE BUSH, 41, FROM SMEETH WHO WORKS IN HR PORT LYMPNE WILD ANIMAL PARK SAID:

“I think I’m quite privileged as my husband works and we don’t have children living at home, so it hasn’t affected me too much. I don’t waste money but I’m not one to change my shopping habits. I always buy from the local butcher, I don’t buy packaged meat or anything like that, I do what I can and support my local farmer. I’m thinking I’ll invest in antiques as that’s the way to go, where else do you put your money?”



MAX DELLAWAY, 20, FROM MARGATE SAID:



“I think the credit crunch has affected everyone’s life. If people don’t have any money how can they spend it? My income isn’t bad at the moment but I go out less now. I used to go out a lot at weekends, but now a lot less, it’s actually quite boring.”

FRANK CALLAGHAN, 65, FROM BROADSTAIRS SAID:

“Prices have gone up and being on a pension it’s hard to make ends meet. I go without a few things, yes. Food prices have gone up, I noticed in Sainsbury’s and Tesco a cucumber is £1.28 each, and I love a cucumber sandwich. I have cut down on the thermostat and put on an extra pullover or something like that to keep warm now and things like that.”



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Employing greener ways

Eco companies save money and have happier staff

If you're thinking about moving or refurbishing your office, taking an environmental approach offers real, practical business benefits – for your people, your reputation and importantly your profits.

Here are our top 10 reasons to 'go green':

1 Save money

Being a sustainable organisation can add to your bottom line. Energy saving lighting, heating and ventilation in your offices reduces energy bills. Savings go straight to your profits.

For example, a company that turns over £1 million. Saving 20 per cent on their £40,000 annual energy costs is equivalent to increasing their profit by eight per cent.

2 Cut your tax bill

Enhanced Capital Allowances scheme (ECAs) is a government plan that gives tax breaks to companies if they install certain energy efficient equipment and machinery. Put simply, you can write off the whole of the capital cost of your investment against your taxable profits.

So it's a boost to your cash flow, and your investment takes less time to pay for itself.

3 Staff save you money

Protecting our planet has become an important issue and it is likely that your staff will want to make a real difference. Encouraging it in the office can tap into that commitment within your team.

One way is to promote recycling. So if you're

By **LARA CONAWAY**

planning a move or refurbishment you could, for example, build recycling points into your design, rather than having individual rubbish bins. You'll save paper and reduce your costs.

4 Stay on the right side of legislation

The government is getting serious about going green, and new legislation is constantly coming into force. That can mean hefty fines for companies that don't comply.

Take the European Union's Energy Performance of Buildings Directive (EPBD)2. It was introduced in 2006 to encourage companies to reduce the environmental impact of their buildings. And in January 2009, it becomes law. So if you're planning changes in your office, thinking about the EPBD now could save the headache of financial penalties later.

5 Avoid negative press

Environmental protection organisations are taking a stand against companies they believe aren't considering their responsibilities. Greenpeace, for example, has staged protests where they've found companies using illegally sourced timber from protected forests. Save time and cash by dealing with protestors by avoiding materials which may cause protest.

6 Improve your brand

Consumers and companies are increasingly showing their environmental awareness by choosing to deal with responsible companies. So taking a green stance can give you credibility – and the edge over the competition, which should benefit your profile and profits.

7 Attract the best employees

There's a whole generation of younger work-

ers who've grown up learning about the importance of environmental issues – and it's now a key social concern. Reflecting those ideas at work can be a big attraction for potential employees.

This was shown in a recent survey by Eversheds. Two-thirds of employees said that their working environment had a significant influence on whether or not they'd accept a job.

8 It can keep your team healthy

A green workplace can help reduce absenteeism in your office. Plenty of fresh air and natural light are good starting points.

Volatile Organic Compounds (VOCs) are substances that can be harmful to health. They include formaldehyde, which is in the top 10 per cent of the most hazardous substances to human health. Yet it's found all over many offices, in everything from fabric finishes and fire retardants, to gloss paints and insulation.

If you're considering a move or a refurbishment, choosing products that contain few or no VOCs can help to improve the well-being of your staff, reducing absenteeism... and making you money.

9 Retain staff and encourage loyalty

Your employees' priorities in life may not always match your own. For example, making money for you or your shareholders probably isn't top of their list. But the environment might be.

So if your team sees your company doing good work, you're more likely to have a happy, well-motivated and loyal workforce.

10 It's your chance to do the right thing

According to the Department for Trade and Industry, the built environment – including offices, shops and factories – is responsible for



GREEN SCENE: Employees said the working environment had a significant influence

47 per cent of carbon emissions.

Although it's not always easy being green, businesses have a real opportunity to be cleaner, greener, healthier. And it really can help beat the Crunch.

• *Lara Conaway is Sustainability Manager at Morgan Lovell one of the UK's leading office design, fit out, refurbishment and relocation specialist.*

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It's offally cheap and tasty

Nose-to-tail eating is set to become the big foodie trend of 2009 as people look to save money. Offal devotee and foodwriter Sophie Grigson shares her tips for eating innards, plus some tempting recipes

BY **LUCY CORRY**

LOOKED at buying steak recently? What about a nice, fat lamb chop?

If a trip to the butcher – or even the supermarket meat counter – is enough to make you feel faint, then it's time to follow the big new trend in food for 2009.

Offal – everything from oxtail and tongue to kidneys, tripe and heart – is where it's at, followed by other, lesser known cuts of meat.

Once just the preserve of food fetish clubs and wartime cookbooks, nose-to-tail eating is now heartily and hungrily endorsed by celebrity chefs such as Nigel Slater, Hugh Fearnley-Whittingstall and Gordon Ramsay.

Economic pressures combined with a growing sense of adventure in the kitchen and an awareness of offal's nutritional benefits, are now causing the rest of us to follow suit.

After noticing a 50 per cent rise in demand for cheap cuts of meat like lamb neck, Sainsbury's is doubling its range to include old favourites such as pig trotters, beef shin and lamb breast.

Product developer Georgina Stobart says these cuts are returning to supermarket shelves partly due to their reappearance on restaurant and gastropub menus.

"This year we're expecting to see a massive resurgence in nose-to-tail home cooking, as



INNARD IT LOVELY: Stuffed braised lamb's heart; and below right, fried liver, studded with sage leaves and caramelised onions, to take your tastebuds trip back a few years

people tighten their belts and look to spend more time 'comfort cooking' and preparing meals themselves," she says.

That's music to the ears of best-selling foodwriter and chef Sophie Grigson, who has loved eating some of the more unmentionable cuts of meat since she was a small child.

"The dish I remember best was sweetbreads cooked with banana and cream," she says.

"It sounds distressingly outlandish but believe me, it isn't. It is fabulously good.

"More familiar steak and kidney pie or pudding occasionally graced the table, but when time was short supper was more likely to be a plate of tender devilled lamb's kidneys, or fried liver, studded with sage leaves and caramelised onions. Tongue was another favourite, cooked, curled and pressed into shape, then sliced thickly and reheated in a sweet and sour sauce."

Sophie says oxtail stew – "so rich and irresistibly sticky and savoury" – remains one of

her all-time favourite autumn or winter meals, ladled over steaming buttery mashed potatoes.

She's keen to convert others to the cause and wants to put offal back on family menus.

"Many of us probably haven't eaten offal since we were kids but now it's truly time to get it back on our tables," she says.

"Don't be put off by your childhood memories or squeamishness and miss out!

"Offal is simple to cook and extraordinarily flavoursome, whether it's quick and delicious devilled kidneys or a homely, slow-cooked stuffed lamb's heart, there are cuts and recipes to suit all tastes."

STUFFED BRAISED LAMB'S HEART (Serves 4-6)

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Cooking time: Under 2 hours

4 prepared lambs' hearts

8 streaky bacon rashers

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1 small onion, peeled and chopped

50g/2oz mushrooms, chopped

75g/3oz sausagemeat

15ml/1tbsp freshly chopped flat-leaf parsley

15ml/1tbsp freshly chopped tarragon

Salt and freshly milled black pepper

2.5ml/ 1/2tsp ground mace

1 small egg, beaten

For the braising sauce:

15ml/1tbsp olive oil

15ml/1tbsp plain flour

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30ml/2tbsp freshly chopped flatleaf parsley
Preheat the oven to gas mark 4/180C/350F.
Prepare the stuffing, heat half the butter in a large non-stick pan and cook the onion and mushrooms. Transfer to a large bowl and stir in the remaining ingredients.

To make the braising sauce, heat the oil in the same frying pan, add the flour and cook for one to two minutes. Gradually add the stock, tomatoes Tabasco (if used) and wine. Bring to the boil, reduce the heat, season and simmer for five minutes. Add the parsley, cover and set aside.

Season the hearts and spoon the stuffing mixture into the cavity of each. Wrap with the bacon and secure with butcher's string. Heat the remaining butter in the same frying pan and brown the hearts on both sides. Transfer to a roasting dish.

Pour over the sauce, cover and cook for two hours, or until the hearts are tender.

Remove the butcher's string, slice and serve with creamy mash and seasonal vegetables.



Trot along for something different off the supermarket shelf

PIGS trotters have not be a feature of the restaurant menu or supermarket shelf for many years.

Nor for that matter have ox cheeks been popular for Sunday lunch?

But supermarkets are gradually reintroducing these cuts of meat to shoppers bitten by the credit crunch. And they will certainly help hungry families who need to tighten their belts.

Stewing steak costs around £4.30 per lb per shop, compared to fillet, which sells at £19 per lb. And pig's cheeks are £1.35 a lb, while pig's trotters are even cheaper at 90p a lb.

Maureen Strong, nutrition advisor for the Meat Service at the Agriculture and Horticulture Development Board, has looked at the relative benefits to those who start to eat the cuts of meat which were once a staple of the British diet.

"There will be variation in these types of meats, depending on the cut," she said

"Trotters are not renowned for their protein content above other cuts of meats, but this will depend entirely on how it is cooked or cut in the first instance.

"The main difference which we can highlight in these types of meats will be the food quality. Try and compare a sirloin steak to a stewing steak and you'll get a similar comparison to pig's trotters and, say, bacon or pork belly.

"The former will take longer to cook and longer to chew – the very reasons these

meats went out of fashion some time ago."

JC Rook, one of the county's leading butchers, agree that the trend is towards selling some previously less fashionable meats.

Maidstone manager Stephen Abbott said: "We are selling more stewing steak – that's really noticeable.

"Recently there was a programme with Jamie Oliver talking about how to cook a shoulder of pork and that week we sold out. It's a good thing on the whole. Selling these cuts of meat means we can keep prices of other cuts down – so everyone benefits."

Dietician Amanda Ursell thinks that making these cuts of meat healthy is all about the cooking.

She said: "The good thing about old cuts of meat, like oxtail and pig's trotters is not the meat themselves – as they have considerably less protein – but the things they are cooked with.

"These types of meats are fantastic in soups, stews and casseroles to give a meaty flavour. Add beans, pulses and plenty of veg and you've got yourself a healthy dish that is great value too."

And it isn't just these blast-from-the-past cuts driving down the cost of food. According to the experts, swapping the favourable types of meats for various other cuts, already on the market, could benefit those affected by the credit crunch crisis.

"If people feel afraid to take the plunge with foods like trotters, even swapping

chicken breast or sirloin for a shoulder joint can save a family up to 40 per cent," says Richard Cullen from Research and Insight at the Agriculture and Horticulture Development Board.

"The credit crunch has certainly created awareness for a variety of meats on the market that taste just as good – which is a good thing.

"Whether Britons will be running out to buy pig's trotters for their tea every night, I can't say, but I am sure favourable meats on the market will change."

SELL OUT: JC Rook, one of the county's leading butchers sold out of shoulder of pork after it had been featured on a Jamie Oliver (pictured) cookery programme



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Let's carry on camping

The great British holiday is having a revival thanks to the recession, so book your caravan for summer 2009

THE credit crunch is boosting stay-at-home holidays with a massive increase in bookings for caravans and camping sites.

With the Euro almost worth the same as the pound, people are swapping expensive foreign holidays for "staycations" with towed caravans or mobile homes according to travel experts.

Advance bookings for caravan and camping sites for this year are already up 40 per cent on this time last year. And sites are already recording an increased occupancy of 19 per cent – even though it is still winter.

"We confidently predict that 2009 will be the year that welcomes the return of the great British holiday," said Nick Lomas of the Caravan Club, whose membership rose by 10 per cent in 2008.

Quarterly travel and tourism figures released by the Office of National Statistics show that the number of visits abroad by UK residents was down by six per cent for the three month period during the later part of the summer of last year compared with the previous quarter – and in a recent survey by VisitBritain, the majority of those who responded said they would consider British holidays.

And statistics show that although 90 per cent of British people claim to be saving money in this tough economic climate, few plan to cut back on holidays. In light of the decrease in overseas visits, this suggests Brits are still holidaying, but without leaving the British Isles.

Caravanning is the most popular paid-for hol-



THE WAY WE WERE?: Caravan holidays are set for a dramatic 2009 comeback

(Painting Kevin Walsh, print £29.95 see www.robertopicollection.com)

iday option, with a 19 per cent share of the market – second only to staying with friends and family. Although the UK offers many different options for those wishing to holiday here, records show that in the previous 12 months, sales of caravans and camping accessories have reached levels never achieved before.

Hoseasons chief executive Richard Carrick said the UK would benefit from the projected downturn in the 2009 overseas holiday market as consumers increasingly feel the pinch.

He said: "There is broad agreement that the overall number of trips taken by Britons will not rise in 2009, but neither will it fall much.

This means that the UK is well set to benefit from the predicted reduction in overseas trips.

"People will still want to go on holiday but they are likely to take short breaks closer to home as and when they can afford it. It will be a case of 'pack up the car and go', with a continuation in the ongoing trend for very late booking."

The Caravan Club is delighted with the trend and say holidaying in this country adds a massive £180 million to local economies.

Mr Carrick added: "This is the biggest opportunity to sell Britain ever, and we believe the travel trade will increasingly see the benefits of promoting domestic holidays in 2009."

Essential guide to where you can save

■ Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu

■ Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000

■ Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off carpets

■ Avinco Limited in Ramsgate is offering 15 per cent off aerial installation

■ Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used

■ Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors

■ Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in

■ KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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BY **ANDREW JACKSON**

It may not even be spring time yet but financial experts are urging people to plan for the future by saving up for Christmas.

Last year less than one in five of the people who responded to a survey by PayPoint, the UK's leading payment collection agency, made a serious effort to save for the festive season.

And one in 10 of the 1,000 respondents admitted they blew an entire month's pay and any bonuses they might have gained on gifts and partying – leaving them with nothing at all when it came to the month of January.

A total of £18 billion was spent across the UK in 2008 on Christmas presents despite the economic slump. Predictions for the coming season say this figure is likely to be exceeded.

And many families felt the pinch for a number of weeks following the festive season.

So it is probably not a surprise that more than 200,000 people have already signed up to begin saving for the holidays in nine months time with Christmas savings company Park which is a partner of PayPoint.

This figure is expected to double in the next few months according to analysts.

Peter Brooker Head of Corporate Affairs at PayPoint said: "Park helps people plan, budget and save for next year."

Savers can use PayPoint outlets to sign up for the scheme and these are located in stores such as Co-op, Spar, Costcutter, Sainsbury's Local and One Stop.

Gary Woods, Park's Managing Director, said: "Christmas is a difficult and expensive time for many, so our partnership with PayPoint will ensure that saving is really made easy with 21,000 PayPoint outlets across the UK and Ireland. On average our customers save almost £400 over the year, removing much of the worry."

"Everything is delivered in plenty of time for the festivities, giving customers time to relax and enjoy time with their families."



CHRISTMAS PREPARATION: Don't let the cost of the festive period catch you out, plan now

It's not too early to start saving for Christmas

Another suggestion is to enjoy the holiday season without all the stress and strain and budget-breaking expenses by having Christmas all year round.

Financial planners say, for example, if your son or daughter wants a new bike, don't tell him he'll have to wait for Christmas. He prob-

ably couldn't ride it then anyway.

Instead shop around for a really great buy and surprise him on May 3 and say that Christmas came early.

Spreading Christmas throughout the year is much cheaper and leaves you time to really enjoy the time off with your family.

To see this clip, search 'crunch'

@ yourkenttv.co.uk



Setting up a small business? We've sought out the professionals to see if now is the right time to go it alone

Essential guide to where you can save

■ St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership

■ Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking

■ GG Racing in Ashford is offering free memorabilia – buy a share in a racehorse and receive a free mouse mat, coaster, key ring and fridge magnet worth over £10

■ KOS is offering luxury Egyptian cotton 400-count percale bed linen. Save up to 40 per cent off RRP

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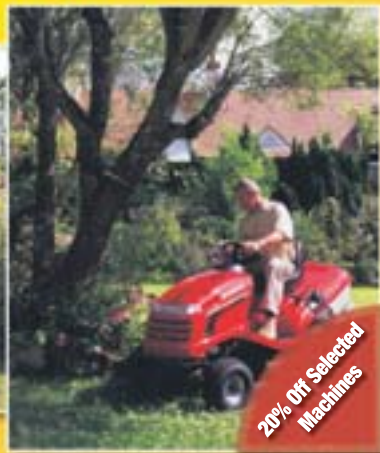
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Working out how to cut costs from home



By **TONY O'NEILL**

MORE people than ever are beating the credit crunch by keeping in shape training at home.

With gym membership costing around £500, exercising in the home is a growing trend.

Research shows that just 43 per cent pay a visit to their gym on a regular basis where as this time last year the number was 71 per cent.

Around a quarter of those staying in say they work out with their partners.

Hollywood personal trainer Cornell Chin, who has worked alongside stars such as Audrey Tatou and Leonardo Di Caprio, said home training has taken off in a big way.

He said: "The cost is of course a major implication. You do not have to fork out for a gym membership if you work out in your house.

"Then there is the convenience. No time is spent going to and from the gym, you don't need to queue for equipment and you can listen to your own CDs.

"Exercise DVDs can tell you what you need to know just as well as trainers and coaches. "Lastly if it's cold and wet outside you don't need to make the effort to go out.

"It's all there for you indoors." Although you can buy exercise equipment

for the home, the only item that is vital are dumb-bells.

Popular exercises include bodyweight work such as press-ups, pull-ups, skipping and jogging.

But specialist equipment in the home is also becoming more and more popular.

Nearly half of the people taking part in the survey said they had purchased dome items.

These included treadmills, rings, exercise balls, weights and even bars.

Website www.weightlossforgood.co.uk has identified exercises for home use. On the site details of how to lose weight are shown as well as ways of strengthening muscles.

Experts add that it is a good idea to check with a health professional and ask their opinion before undertaking any exercise, especially if it has been a while since you have undertaken any fitness.

These are their hints:

- Start off gently, and work within your comfort zone

- Increase your effort gradually over several weeks

- Maintain regular breathing throughout the exercises, try not to hold your breath - your muscles need oxygen!

- Try to keep strict form with control, not using momentum.

They also emphasise not to undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop.

Essential guide to where you can save

■ Cox & Son furniture store in Ramsgate is offering to upgrade your carpet underlay for free, give super for standard price, and deluxe for super price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off laminates

■ Avinco Limited in Ramsgate is offering a free consultation on digital TV

■ Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used

■ Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool

■ Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt

■ Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms

■ Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture

■ Old Sawmills in Ashford is offering 20 per cent off all showroom items

■ PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOTs

■ KOS is offering ultra slim Danish Skagen watches only £69.99 save £20 on the RRP

■ Thorley Tavern's Oak Hotel in Ramsgate is offering 20 per cent off its bar-food menu

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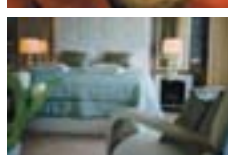
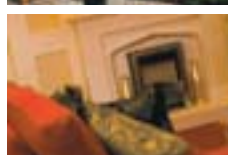
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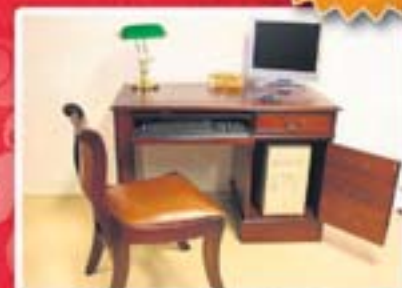


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Your mortgage could be a fast tracker to savings

By **GARY WRIGHT**

WE may be in tough times financially, but falling interest rates mean many mortgage holders have a great chance to make their lives better.

Interest rates were slashed again on March 6 to half of one percent.

So the advice is: Pay more.

Now that may seem crazy but if you have any form of tracker – the type linked to the bank base rate – or variable mortgage, you will have seen your monthly payment tumble over the past six months.

If you have a mortgage of £100,000, you are up at least £200, every month.

Now you could spend that money on some of the spectacular bargains on our high street, which is what the government wants because you'll be helping pump money into our economy, saving jobs, securing the future of Britain etc etc. However, a typical UK borrower with a 25-year £113,000 tracker mortgage in October 2008 is saving £218 a month according to the Council of Mortgage Lenders. You can add another £45 a month after the February half per cent cut.

And if you carry on paying the same amount you should be quids in. Analysts say you could knock years off your mortgage and benefit by not becoming used to spending that extra cash.



QUIDS IN: HSBC (inset) wrote to tracker mortgage customers about the benefit of overpaying; and (main) Cheltenham & Gloucester's marketing director said overpaying is a smart move

From your own point of view, you are no worse off than you were six months ago but you will help combat any loss of equity in your house and you will be reducing your interest payments and loan term in the long run.

HSBC wrote to 30,000 of its tracker and variable rate mortgage customers to explain the benefit of overpaying.

Meanwhile, Lloyds TSB reported that since November it has received more than 27,000 requests from customers wanting to set up overpayments and within days the interest rate was slashed by another half a percent.

HSBC says overpaying by £100 a month on a £150,000 mortgage at three per cent will save £11,482 in interest and shorten the term by four years and three months.

Stephen Noakes, Cheltenham & Gloucester's

marketing director, is on record saying: "For those who can spare the extra money, making overpayments is a smart move. Not only can it trim years off your mortgage but with house prices falling, overpayments will help to protect the equity in your home."

Remember interest rates will go up again some time in the future and for the thrifty who have not got used to the current low rates, they will not be hit when things do start creeping up again.

If your job is secure, getting used to low interest rates is a bad thing. When they do start going up you will have to readjust. Yet now you can help pay off your mortgage more quickly and benefit from the fact interest rates are at an all time low for any savings you might have.

Essential guide to where you can save

■ County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead

■ Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting

■ Nasons in Wincheap, Canterbury, is offering 10 per cent off carpets

■ Oliver Carpets in Ramsgate and Herne Bay is offering 15 per cent off when you spend more than £600

■ Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free

■ Robins and Day Motors in Canterbury is offering a free winter health check on production of KOS voucher (normal RRP £19.99)

■ Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu

■ Ideal Home Improvements in Sheerness is offering 10 per cent off advertised rates

■ Kitchen to Table in Rochester is offering £10 off goods with an order value £50

■ KOS – Save £200 on the Toyota CB04T Mark II sewing machine only £99.99 inc p&p

■ Thorley Tavern in Broadstairs is offering a free glass of wine with The Table d hote menu Monday to Friday

■ Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus free packing boxes and paper tape for all removals booked

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Cash is still king

Some people are looking to make money as the financial markets collapse.

Sarah Hamilton discovers how some are managing to do it with investments

IN TIMES of economic gloom most attitudes are just “ride out the storm and let things get better”.

But for a few far-sighted individuals the cash trough is a peak of opportunities to make a fortune.

Back in 1974, when the UK stock market was suffering its worst decline since 1929-31 – it was to fall 70 per cent – the investment guru of the era, Jim Slater propounded a truth that came to define the period and later became something of a cliché – “cash is king”.

His words were: “You can’t always turn shares into cash, or property into cash, or works of art into cash. But you can always turn cash into other things.”

So, at the top of any would-be rich person’s list should be the retention of a pool of cash.

This empowers investors to take advantage of an opportunity when markets over-correct and throw up bargains, as this present crisis will inevitably do. A second basic principle to accept is the spacing out of investments over time to avoid the trap of buying at the top or on a short-lived ‘bounce’.

Over the past six months investors have sought to buy into bank shares convinced that they can fall no further – only to find that they have done so dramatically.

No-one knows where the bottom will be or when it will be reached, though this has not deterred investors from losing a great deal of money on the conviction that they alone are the ones that know. So be careful.



SHARES: Opportunity to make money?

Central to UK investor concerns is a return of inflation as pressure grows on the Bank of England’s Monetary Policy Committee to cut interest rates. Investors can take out some protection through a product that has fallen out of fashion in recent years: index-linked Government stock.

This can be bought through a stockbroker or purchased through National Savings and Investments. It is currently offering two index-linked bonds of three and five years which pay a rate of 1.35 per cent plus the Retail Prices Index rate of inflation. The RPI rate is 4.1 per cent, giving a rate of interest paid of 5.45 per cent.

As the money earned is tax free, the total for a higher rate taxpayer is equivalent to 9.08 per cent. Investors can subscribe for a maximum of £15,000 through NSI.

Property is the asset class from which investors and their advisers most recoil at

present, it’s a brave investor who looks at real estate – particularly in the USA. But there are powerful reasons for doing so.

As with the UK, ‘average’ figures are misleading as the US market covers areas of almost complete price collapses such as Detroit and areas such as up-market New York City and California, where values have held up relatively well.

Another area of investor interest at present is arable land. Values have risen in some areas of the UK by as much as 26 per cent in the past year due to the higher world prices being obtained for crops such as wheat.

This pressure is unlikely to relax any time soon. And investors who do not want to take on the responsibility of farm management can invest through a specialist fund.

Increasingly attractive are exchange traded funds consisting of precious metals and gems which are traded on the stock market and allow cheap exposure to commodities previously out of reach from ordinary income people.

Investors should also widen their choice of assets in this category to embrace exposure to the increasing green energy and renewables sectors. Those who do not have the confidence to invest in this sector directly or who wish to spread their risk can enter through funds such as the £51m Jupiter Green Investment Trust.

One thing is clear from all of this information – there are plenty of ways for forward-thinking portfolio managers to beat the credit crunch and make strong returns even in today’s uncertain times.

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Recycling may not immediately spring to mind as a way to stretch your budget, but it can. Here’s how...

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■ Lindsay’s Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack

■ Nasons in Canterbury is offering 10 per cent off tiles

■ Pomphreys in Sittingbourne is offering half-price MOT with every service

■ The Pavilion in Broadstairs is offering a buy-two-get-one free breakfast from 9.30-11.30am, on Saturday and Sunday

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Keep up to date with events by visiting www.leeds-castle.com

Golden advice for all you savvy investors

By **NICK AMES**

WITH confidence in the stock market at a low ebb, house prices down and savings losing in value, the question for 2009 is simple: Where can money be safely kept to ensure long-term future prosperity for those with savings?

As 2009 gets under way, antiques, paintings and even postage stamps or classic motorcycles are all seen as better alternatives than stocks and shares. Old Masters, Ming vases and penny blacks are possibly beyond the reach of most mid-range savers.

But there is one thing that is guaranteed to keep its value. Gold.

Gold bullion beat all other precious saving alternatives in 2008, the second year running and the third time since 2005.

A £1,000 investment in gold bullion on New Year's Eve last year would now be worth more than £1,427, according to BullionVault, a global gold dealer.

During the same period, the FTSE100 index of the UK's top firms has dived by almost one-third of its value - turning £1,000



PRECIOUS: Gold bullion is a safe investment

into less than £689.

Then there was residential property, which before tax, maintenance and mortgage costs has transformed every £1,000 invested into just £870, according to Nationwide figures.

In part gold's rise over the year has been largely dependent on the loss in value of sterling against the US dollar; the currency gold is priced in. In dollar terms gold rose just three per cent in 2008.

But looked at long term gold is a good bet. The FTSE has plummeted by 36 per cent since its record peak of 6930, on New Year's Eve 1999.

On the other hand, since the turn of the century, gold has risen by 246 per cent against the British pound.

BullionVault's, Adrian Ash told website thisismoney.com: "Since Gordon Brown sold half the nation's gold reserves at rock-bottom 10 years ago this May, gold bullion has been by far the best-performing asset class for British investors overall."

Analysts have stated that gold looks very attractive in 2009 - if for no other reason that the year looks bad for everything else.

Historically gold rose during the last bout of sharp deflation in the Great Depression of the 1930s when US President Franklin Roosevelt revalued gold by 60 per cent and devalued the dollar by 60 per cent. This made gold's value increase from \$22/oz to \$35/oz.

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Savers cash in accounts to reduce motoring bills

By **STEVE LOADER**

WITH savings accounts currently delivering such poor interest, many people see trading in a 'gas guzzler' for a cheaper and more economical model as a better return on their investment.

And there is some 'green' kudos to be had. The Government is using escalating road tax or VED (vehicle excise duty) to drive people into smaller and cleaner cars too.

The current scale is zero to £400/year and set to become tougher. By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

As a result, some manufacturers have produced models that are actually exempt from VED by sneaking below the 100g/km CO2 emissions mark and into band-A.

Most manufacturers also now have an 'Eco' sub-branding for their lowest emission models. Ford, for instance, is using the ECONetic label to highlight the most environmentally-friendly versions of key models such as the tax-exempt Fiesta ECONetic – arch-rival Vauxhall uses the ecoFLEX sub-branding.

Brilliant as they are, 'eco' models often cost more since they have diesel engines and special 'green' features that do not yet deliver the economy of scale savings available to makers across the whole model range.

FORD FOCUS ECONETIC: The ultra green version of the UK's No1 seller is tempting



VAUXHALL'S ASTRA 1.7-LITRE DIESEL ECOFLEX: (Right) Capable of returning a similarly frugal consumption figure

What is more, saving road tax is not such a great incentive when many conventional super-minis sit in the lowest road tax band of £35 a year anyway; over three years with an eco model, saving £105 is irrelevant if you spend far more on buying that car in the first place and are then putting expensive diesel in the tank.

So, check out conventional equivalents of eco models and don't dismiss petrol power; that fuel is still cheaper and makes sense for lower mileage users, while emission and consumption levels are closing the gap on diesel equivalents.

Diesel engines also tend to be heavier, so you could find yourself going through tyres more quickly.

Don't ignore alternative power options either,



such as liquid petroleum gas (LPG) or hybrids – see our 'Diesel called into question' article.

Finally, just look again at what you have to part-exchange; you might have lost a packet in depreciation on that big 4x4, but work out what it will cost you to run it for the next three years – it might be a lot less than the cost of chopping it for a new car.

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering ADi Training course – £30 off a two-hour session

■ Lordswood Leisure Centre in Chatham is offering free function hire

■ Pomphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service

■ Simply Sofas & Beds in Strood is offering 10 per cent off beds

■ Living Out, Log Cabins in Maidstone offers free installation on all its standard range of cabins

■ Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months

■ Baileys Nissan in Canterbury is offering 15 per cent off MOTs

■ Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March, 2009. Meal is from the regular menu

■ Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress

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GET REAL



Diesel called into question

DIESEL has become the fuel of choice recently as UK buyers seek to cut costs, but do the sums still add up?

Part of diesel's appeal was the cheapness of the fuel, greater mpg and the ability of the engines to deliver better pulling power low down in the rev range and to meet tighter emissions legislation.

However, diesel now commands an increasing premium against petrol and there are doubts whether the engines can continue to meet ever-tougher emission laws.

Meanwhile, petrol has retaliated with smaller, lighter and cleaner engines with turbocharging and even supercharging for extra flexibility, while there are other options emerging to save money and the planet:

HYBRID

Current hybrids use petrol engines in tandem with electric units and Peugeot is planning to bring a diesel version to market soon.

But two powerplants and power supplies – fuel tank plus batteries – mean extra weight, while production complexity means higher prices so buyers need to cover many miles to counter this. Motorway mpg is also hardly better than a standard car.

LPG

Liquefied petroleum gas (LPG) looks like an excellent alternative fuel due to lower duty and emissions, cheaper car tax and grants towards the higher cost of buying new or converting older vehicles to run on LPG.

There is also a plentiful UK LPG supply as a spin-off from natural gas and refinery production of other fuels. There are many more LPG filling points across the country too – Kent now has some 40 LPG sites – and Proton recently launched a petrol and LPG version of its GEN-2 family hatchback for the same price as the petrol-only model (£10,765).

By **STEVE LOADER**

LPG costs about half that of petrol and diesel at the pump, emits about 20 per cent less CO₂ than petrol and slightly less than diesel and fewer NO_x and particulates than diesel. However, the calorific value and consequent mpg is slightly lower than for petrol and it will cost at least £1,500 to convert an existing vehicle via an approved LPG Association operator.

ELECTRIC

Electric-powered vehicles should be cheap to run, but battery technology cannot yet guarantee ranges to satisfy would-be owners. There is the worry too that the car's emissions are being transferred from the exhaust pipe to the chimney of a fossil fuel-burning power station.

BIOFUELS

Fuel derived partly from vegetable matter appeals since plants absorb CO₂ during growth and simply release it again when burned – a virtuous circle. They currently divide broadly into biodiesel and the petrol alternative bioethanol and most road fuels sold in the UK will contain at least five per cent biofuel by next year anyway. Some specialist vehicles run on higher 'bio' concentrations, but there is concern that using arable land or forest to grow 'biofuel' plants will strain global food supplies.

HYDROGEN

Use of this abundant gas to power electrically-driven cars looks like the future. Hydrogen cars are zero emission, producing only water as a by-product, but it is proving hard to establish the cost and possible emissions side-effects of producing the hydrogen fuel. It makes no sense for conventional power generators to burn oil, coal or gas to produce this emissions-free wonder fuel.



ECONOMY: Peugeot (top) is marrying its diesel expertise with electric power to create a new generation hybrid car to attack Toyota and Honda's petrol-electric models. Could it offer the best of both worlds? Meanwhile (below) Proton offers a petrol/LPG dual-fuel GEN-2 model for the same price as a standard petrol model, saving would-be buyers £1,500-2,000



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By **STEVE LOADER**

SAVE money by downsizing and running a cheaper car and then gain even more by smarter driving and journey planning.

For a start, you can save pounds and wear and tear on the car by avoiding short journeys and perhaps get fitter too by walking or cycling; a cold engine can produce 60 per cent more pollution than a warm one and a car used for many short journeys needs extra servicing and wears its engine out faster.

More fuel is wasted and higher emissions are also generated from a cold start – traffic on UK roads contributes 26 per cent of the nation's total carbon dioxide emissions (CO₂).

However, if your car journey is a must then follow these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

- Plan your route – forethought can save wear and tear on car and driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute, think about car sharing, 'Park and Ride' bus schemes or other public transport.

- Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines reduce fuel economy by ten per cent or more. Catalytic converters are environmentally friendly, but only when maintained.

- Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

- Obey speed limits to save money and stay legal. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style will save fuel, but never coast in neutral or with clutch pedal depressed to save fuel – vehicle control must not be compromised.

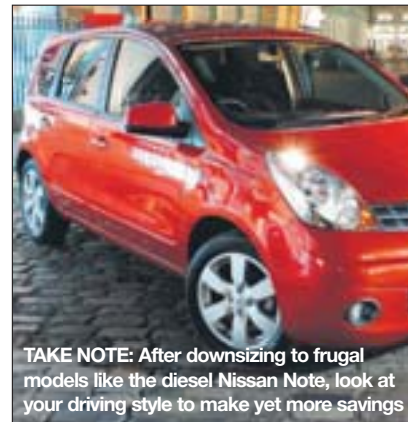
- Accelerate briskly without racing the

Clever driving is key to cheaper motoring

engine – pulling away too fast uses up to 60 per cent more fuel. Intelligent gearchanges at modest engine speeds can cut fuel consumption by up to 15 per cent.

- Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan.

- Buy green fuel and use less. Seek out low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) supplies locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO₂.



TAKE NOTE: After downsizing to frugal models like the diesel Nissan Note, look at your driving style to make yet more savings

- Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue.

- Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

- Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

- If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at: www.yourkenttv.co.uk/community.



PRESSURE: Keep on top of tyre pressures to save fuel and wear and tear

Essential guide to where you can save

■ Spand Motors in Hythe is offering 10 per cent off MOTs when pre-booked

■ Simply Sofas & Beds in Strood is offering 10 per cent off sofas

■ Dartford Portable buildings in Dartford is offering up to 15 per cent off timber buildings. Finance options available on Crompton garages

■ Living Out, Log Cabins in Chestfield and Maidstone is offering 10 per cent off

■ County Garage in Heme Bay is offering a free protection pack worth up to £400. Free full tank of fuel, free Gard X Paint and interior protection, free front and rear mats

■ Aylesford Self Storage in Aylesford is offering free used boxes for all storage customers

■ Home Plus Furniture in Ashford/Chatham is offering £75 off when you spend over £500

■ FG Barnes in Maidstone is offering a free MOT for period of ownership when done with a service

■ Orchard Spot in Maidstone is offering 10 per cent off a wedding package

■ KOS is offering Five Global knives set, scissors and block, £199.99, save £150 off RRP

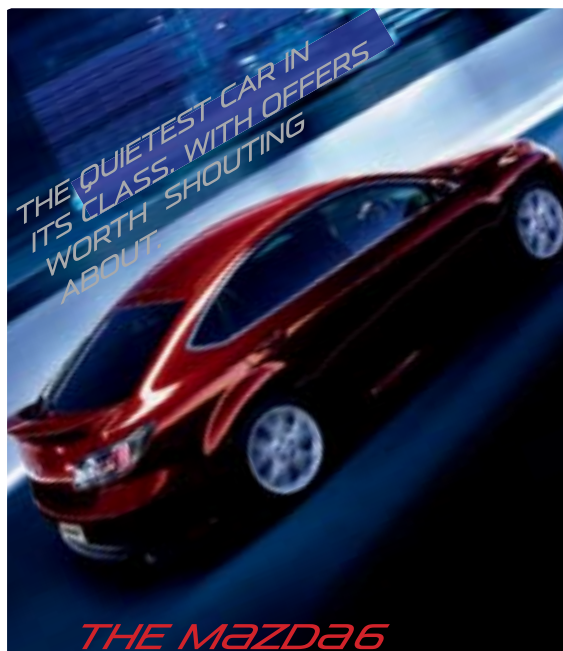
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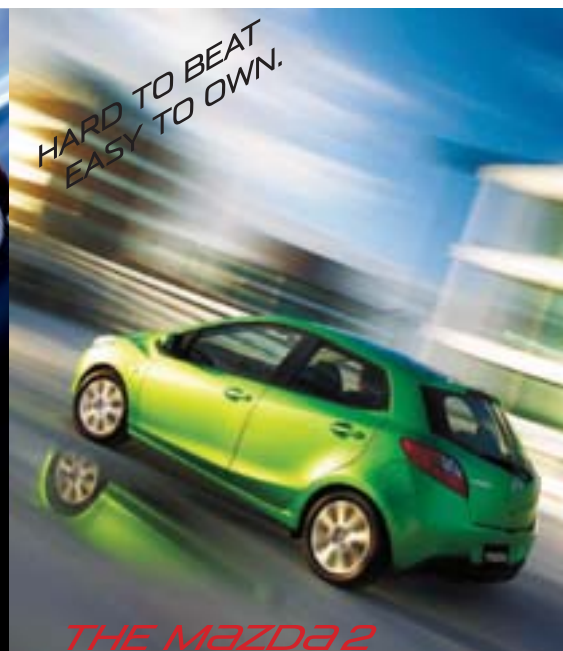


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Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-day, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are; Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on

■ BY SIMON ROBINSON

the list are The Chinese Fireworks Company, The Lucky Face and the boy.the.girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts.

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs.

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit www.redlistlive.com.



SIGNED UP: (Left) Klaus Says Buy The Record and Polka Party (above) are two unsigned acts who will play at Red List Live

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FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club



TOP FIVE UNSIGNED CHART

- 1 The Suspects – He Said (from Margate)
- 2 Directions – Equality Street (from Maidstone)
- 3 Shelta – Let's Talk (From Bexley)
- 4 The Semantics – Soho- Nympho (Gillingham)
- 5 Euston – In My Headlights (from Deal)

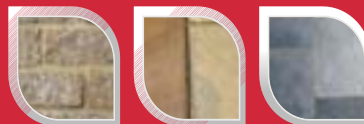
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PROPERTY NEWS



BURIED HER HEAD? Margaret Beckett

The system isn't HIP, it's time to cancel it

ESTATE agents have called on the Government to suspend the compulsory Home Information Pack system – saying it is “simply not working”.

The call has been made by the National Association of Estate Agents' chief executive Peter Bolton King, following the publication of the communities and local government committee's annual report.

Mr Bolton King said: “Once again a fair and rational examination of Home Information Packs has concluded that the system as it stands is simply not working.”

“Firstly the cost is punishing sellers in the pocket at a time when they really need all the help that they can.”

“More galling, they are spending this money in the knowledge that 77 per cent of buyers admit that they paid no attention to the pack whatsoever.”

“Housing minister Margaret Beckett herself admitted that HIPs are not working – but now she seems to have buried her head in the sand along with the rest of her department.”

“HIPs are confusing to customers and act as a dampener on a housing market which is essential to Britain's economic recovery.”

“With all indicators pointing to a troubled year ahead the NAEA calls on Mrs Beckett to suspend HIPs while the housing market is suffering and re-examine their viability once the market has begun to pick up.”

Since December 2007 every home put on the market, no matter what size, must have a Home Information Pack.

The pack brings together information at the start of the home-selling process – such as a sale statement, local searches and evidence of title – and was intended to save both the property buyer and seller money, time and stress.



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Signs point to injection of cash to aid market

■ BY NICK AMES

THE latest figures from the Bank of England reveal that mortgage approvals fell further in January – despite moves to assist lending.

Financial experts are calling for a further injection of cash in order to boost the property market and assist in an economic recovery.

They say the measures introduced so far have proved inadequate to kick-start a major recovery.

And in the latest move the Bank of England slashed interest rates to a new low of 0.5 per cent.

Chancellor Alistair Darling justified the move by saying: “The key thing for each and every one of us is to ensure we get the economy moving to help people and to help businesses grow.”

The move came as figures were released revealing a total of 98,000 mortgages were approved in the first month of 2009, compared to 253,000 mortgage approvals in the same period 12 months ago.

Some 31,000 home purchase mortgages were approved, down 34 per cent on the figures for a year ago and remortgage approvals fell 71 per cent to 34,000.

Total mortgage lending stood at £9.1 billion – an annual fall of 64 per cent.

Jason Bolton, mortgage expert at financial website Rubii.co.uk, said: “In December we saw a mini spike and people were immediately talking about a recovery – I think these latest figures show that talk of a recovery was a little premature.”

“Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and are likely to remain so for the rest of 2009.”



HEADING FOR BETTER TIMES? Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and likely to remain so for the rest of this year

He explained interest rate cuts had yet to have a full effect and the only buyers taking advantage of house price falls are those with cash already behind them.

“The lack of affordable mortgage deals will continue to frustrate buyers hoping to benefit from a property market that has dropped significantly in the last 12 months,” he said.

Simon Rubinsohn, chief economist at the Royal Institution of Chartered Surveyors, said the figures show more cash must be put

into the market.

He said “Despite three consecutive monthly increases in the RICS ‘buyer enquiries’ series, the actual level of new mortgage approvals continues to languish.”

“Announcements by both Northern Rock and RBS indicate that a little more funding will flow into the mortgage market over the coming months but as things stand, this will only boost the available finance in the region of ten per cent compared with 2008.”

Is Darling set to change stamp duty plans?

CHANCELLOR of the Exchequer Alistair Darling's budget next month looks set to provide a stamp duty cut for some bulk property investors.

Experts say he is predicted to change how stamp duty is calculated so investors buying a large number of properties will only pay stamp duty on each property and not on the total investment.

Currently an investor buying ten flats worth £150,000 each would pay stamp duty of four per cent on the total bill of £1.5 million.

But under the new ruling each home would be taken individually and as the stamp duty

only comes into force on properties worth £175,000 no duty would need to be paid.

So an investor buying a large number of properties under this value would not be taxed.

The reasoning behind the move is that it is hoped the change will encourage larger institutional investors to turn to property – and in particular those taking much longer-term investments and willing to receive lower yields than traditional investors.

Such long-term investors would also be hoped to provide stability to the market and a much needed investment during the property

market collapse.

Peter Cosmetatos, finance director for the British Property Federation, said the current stamp duty rules “seriously deter investment buyers from bulk buying, which seems wrong in policy terms”.

He added: “Buying multiple units to be managed together is efficient and rational in commercial terms, but the current rules make it more expensive in tax terms.”

“The stamp duty rules should encourage efficiencies of scale in residential investment and support more efficient and professional management of rented residential property.”

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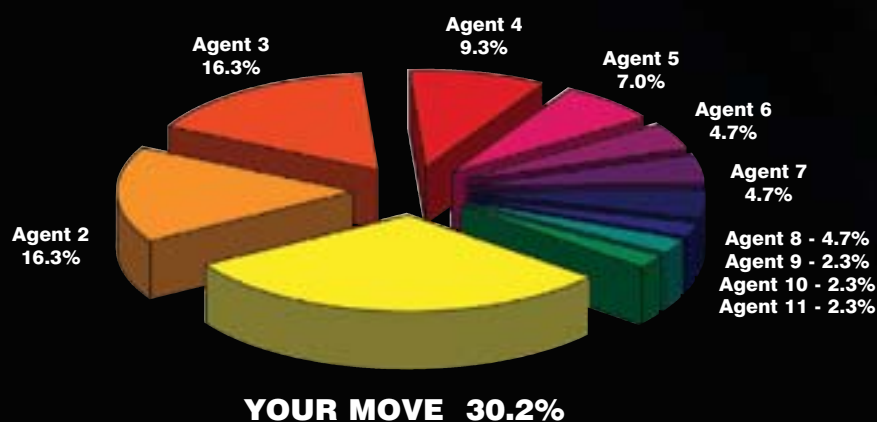


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WOMEN seeking men

TAKE ME FOR WHO I AM
Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871

SINGLE DAD WANTED
Single mum, 23, nice and curvy, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTm an honest and trustworthy male, 28-38. Box 446099

BLONDE BABE LIKES FOOTIE!
Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Loves going out and staying in, looking for a like-minded man, to be her soulmate. Box 446494

GETTING TO KNOW YOU...
Socialite girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 448756

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HOLD MY HAND

Single mum, 28, looking for LTR. I enjoy cosy nights in, dancing, dining out. I'm 5ft1, short hair, blue eyes. Box 445363

BRING ME SUNSHINE

Outgoing, fun female 28, seeks outgoing, fun guy to make me laugh and share the good times with. Box 882511

GIVE AND TAKE IN LOVE

Loving loyal female, 30, blue eyes, brown hair, seeking LTR with male 30-35, 6ft+, no baggage, in the Maidstone area. Box 448471

GET A STRIKE

African, single mum, caring, adventurous, generous, 30yrs old, medium build, I love cinema/TV, music, bowling, shopping, cosy nights in. Box 882789

LTR WANTED

Easy-going black female, 32, medium build, likes football, cooking and socialising, looking for a non-smoking, loving and caring white male, 25-48. Eastbourne Box 448294

NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTm loving, caring white male 35-47 for long term loving relationship. Box 442414

AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

HORSES FOR COURSES...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 384013

LOOKING FOR A LOVING CHAP

Asford-based woman looking for an honest, friendly, caring and loving man. I have two kids and enjoy the usual things in life. Box 446985

ON THE LOOKOUT FOR LOVE

37yr old female, 2 kids, slim, brown hair and eyes, 5ft2, looking for a caring, loving, honest and trusting male to be my someone special. Box 446039

MESSAGE IN A BOTTLE

Good looking woman, 37, 5ft2, brown hair/eyes, two kids. Looking for new friends and hopefully someone special. Box 446039

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, loves house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 348102

HISTORIC MEETING?

Mum of three, 36, long mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693

DON'T LET ME DOWN

Pretty, black female, 38, 5ft4, like football, socialising and cooking, looking for a loving and caring male, 38-42, for a LTR. Box 446894

MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopeful happiness - no time wasters! Box 908053

SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, seeks genuine male for friendship and more. Box 428668

FREE AD placement, call:
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ANIMAL LOVER?

Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, looking for a kind, caring, loyal male Box 431557

CUTE AS CAN BE

Cute, single mum of 4, 38yrs old, Kent-based, into most things, looking for friendship or possibly romance. Box 897983

BLONDE AMBITION

Bubbly, curvy, blonde single mum, 38, 5'6", likes cars, reading, pubs, cosy nights in, having a laugh, looking for that right male for LTR. Box 905614

A NEW FUTURE!

I'm Rachel, 35, medium, enjoys pubs, clubs, cosy nights in, cinema, theme parks, looking someone special to share things with. Box 448591

SOUND GOOD?

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595

ON A ROLL!

Hi, I'm Alison, 36, 5ft5, single mum, loves swimming, roller skating and meeting new people, looking for a male for friendship, maybe leading to more. Box 448865

CLOSE ENCOUNTER

Loving, caring, tactile female, 36, 5'8", blonde hair, blue eyes, NS, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619

YOUNG-AT-HEART

Attractive 38yr old female, dark brown hair, blue eyes, curvy physique, likes days out, music, concerts, cinema, walking, cycling, seeks loving, fun male, for friendship/relationship. Box 901893

FULL STEAM AHEAD

Seeking genuine, sincere, honest guy who likes to have fun. I'm a friendly, 40yr old female, like cats, wind surfing, railway trips, cafes. Box 449747

A NICE BOTTLE OF WINE

Lovely glossy brunette, 39yr old, petite, bubbly and loving, enjoys theatre, music and eating out, WLTm a professional, loving and tactile male for a relationship. Box 442551

NO TIES

Lonely, bored, professional Tunbridge Wells Asian lady, 40, WLTm slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573

THE HOME LIFE

Happy, caring female, homely, tactile and honest. I'm black African, 41, 5ft2, medium build and would like LTR with the right person. Box 446024

LIFE IS GIVING LOVE A GUARANTEE

Down-to-earth lady, 42, a sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712

SATURDAY NIGHT AT THE MOVIES!

Single mum, 43, kind, devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586

AIMING HIGH

6ft blonde aerobics instructor, female, 43, seeking decent, tall, fit male for companionship, hopefully leading to a relationship in my spare time (mainly afternoons). Box 446017

GOOD TIME GIRL

Outgoing young lady, 43, blonde hair blue eyes, 5ft4, works hard, loves socialising, partying, meeting new people...looking for similar male to enjoy happy times with. Box 449157

GENUINE REPLIES ONLY

Bubbly female, 44, brunette, N/S, medium/large build, enjoys singing and theatre. Would love to meet a decent fun-loving guy, similar age, pref non-smoker for LTR. Box 445955

BE WITH ME

Honest and caring female, 44yrs old, enjoys pubs, cinema, theatre and much more, seeks a kind, caring gentleman for friendship & romance. Box 882419

COULD IT BE YOU?

Hi I'm 44, slim, 5ft8, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800

COME ON DOWN!

Honest, bubbly female 45, long hair, slim, enjoys walking, cinema, socialising, seeks honest, friendly chap for friendship leading to more. Box 882693

LIFE AND LAUGHTER

Young minded, sexy, slim lady. I'm fit and healthy, 45yrs old and I'm looking for a man for fun and laughter. Box 449762

HI EVERYONE, I'M

Debbie, 46, slim, 5ft5, blonde hair, blue eyes, looking for a man, 44-49, 5ft4+, with a nice appearance, preferably a N/S. Box 449422

ARE YOU THE ONE FOR ME?

Caring, cute female, 46, petite, likes socialising, dancing, travelling, good food, seeking intelligent, fun male 42-52 for love and TLC. Seaford. Box 444366

FANCY A FILM?

Hi, I'm Pam, 47, 5ft11, brown hair, hazel eyes, slimish, divorced, looking for a LTR with a nice and genuine man. No time-wasters please! Heathfield. Box 448626

BE MY FRIEND AND LOVER

Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy. Box 429592

JUST IMAGINE

Petite, brunette, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things, WLTm genuine male, to see where life takes us! Box 893562

WHERE U?

Cheerful, honest, popular blonde, 50yrs old, 5ft2, slim, looking to find an honest, loyal man. I can please call again/leave contact details. Box 887347

HERE AND NOW

Outgoing lady, 50, enjoys walks along the beach, nights out and in with a quiet bottle of wine, seeks man to love forever. Box 449524

FOR KEEPS

Hi I'm Karen, 50, medium build, 5ft, separated, devoted mum, looking for friendship with someone who likes dining out, evening walks and perhaps something lasting... Box 882618

CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 45-55. Box 417100

YOU DON'T KNOW

Young looking, hard working 53yr old I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410

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DO YOU HAVE THE BRAINS & THE LOOKS?

Professional, attractive female, 54, enjoys the countryside, gardening, keeping fit, reading and live music, looking to meet an attractive and intelligent man for a relationship. Box 448863

I'VE GOT THE GOLDEN TICKET

Christian female, 57, looking to meet a nice man with GSOH to go to cinema, have fun with. Box 449225

HOLDING OUT FOR A HERO

Londoner new to the area, 57, 5ft5, slim attractive blonde, seeking a man for serious relationship and lasting happiness. Box 449587

WALKS ALONG THE COAST

Honest & sincere female, 58, tall, GSOH, loves country pubs, coasts, cinema, seeking a man who's a match for me with GSOH for relationship. Box 441622

HAPPY AS ME

Fun-to-be with, happy, contented lady (60), 5ft4, I enjoy theatre, dining out and having friends round for a meal, gardening, pets. Box 882812

ONLY LOVE

Classy, intelligent, happy, slim, attractive, fit and active lady, 60, GSOH, enjoys travel, gardening etc. Looking for that special friend to share life with. Box 883791

SOULMATE FOREVER

Hello, I'm 62, young and bubbly, 5ft2, shoulder-length dark hair, active, genuine, tactile, caring, loving, seeking similar happy-go-lucky male for love and romance. Tunbridge Wells. Box 449722

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Register your number with us & send by SMS to 07786 203 777. Enter P2P as subject.

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FUN AND ENTERTAINMENT

Attractive lady, 63, large brown eyes, loves swimming and cycling, cinema, eating out...seeks company with a great SOH, young-minded, to enjoy anything that happens. Box 449875

A ROSE BY ANY OTHER NAME...

Widow, early 60s, 5ft4, dark hair/eyes, medium build, N/S, loving, caring, no lies, enjoys travelling, socialising, eating in/out. Rye. Box 441177

FRESH AIR

Smart, attractive, bubbly blonde, 71, medium build, N/S, own house, GSOH, lives on coast, enjoys most things, WLTm smart gentleman for friendship, maybe more. Box 438147

Women seeking women

IT'S WHAT'S INSIDE THAT COUNTS

I'm a 26yr old female, looking for new friends and maybe that special girl...let's have a meal and a drink and see what happens! Box 448722

FRIENDSHIP, HOPEFULLY MORE

Feminine woman, easygoing, caring, 45, long brown hair, blue eyes. I love music, eating out, reading/writing, drives, weekends away. WLTm boyish female. Box 448248

HAPPILY EVER AFTER

Slender attractive girl, 53, short dark hair, divorced, devoted mum, enjoys gardening and flower arranging, the sea, motorbikes, WLTm female who enjoys life. Box 449894

ATTRACTIVE, BUBBLY LADY

52yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship Box 414143



MEN seeking women

LOVERS PARADISE

Very independent guy, 27, 5ft7, medium built, own business, looking for someone to spend quality time with, friendship first, then maybe more. Box 448845

THE PERFECT RELATIONSHIP?

Dad with great SOH, 29, 6ft, dark hair blue eyes, slim, loves music, cars, bikes and socialising, looking for girl for fun and more. Box 449334

YOU COULD BE MY EVERYTHING

Professional bloke, 34, 6ft, likes socialising, cinema, live gigs etc, looking for a considerate female to share the good and the bad with. Box 449436

UP FOR IT?

5ft2, single male, 33, fit, muscular, GSOH, fair hair/blue eyes, likes Theatrical, boxing, having fun, cosy nights in, house/hop hop music, WLTm loving, attractive, slim female. Box 162399

I'M YOURS

Hi, I'm male, 34, 5ft8, blue eyes. I'm a single dad and enjoy swimming, social drinks, having a laugh. Box 449751

MADE TO MEET?

Honest upbeat gent, 33, mousey brown hair, 5ft9, into sports, running, football and socialising, looking for a good looking, decent girl who likes a laugh. Box 449818

DOWN BY THE BEACH

Hi I'm Kevin, 37, 6ft1, medium build, loves cinema, music, walks and the se, seeking similar girl to find love with. Box 449844

EVERYTHING I DO

Lee, driver, 36yr old, 6ft3, dark hair, loves outdoors/country life, keeping active, N/S with GSOH, WLTm warm hearted woman. Box 889720

TRUSTWORTHY

Margate man, 37, 6ft3, dark hair, nice big build. I work in residential care which I love. I'm down-to-earth, kind, tactile, with a GSOH. Box 423437

LONESOME LAD LOOKING FOR LOVE

Black 39yr old lad, blue eyes, educated, attractive, solvent (just), genuine, loyal, adventurous and definitely different. Seems beautiful future with someone like you. Box 885814

DO I ATTRACT YOU?

40yr old single dad of 2, dark hair, lovely life now need to find love, seeking N/S with GSOH, WLTm warm hearted woman. Box 882048

WARM HEARTS OF LOVE

Loving male, 40, 5ft10, slim, black hair, looking for long term romantic relationship with loyal, kind, considerate, romantic girl like me. Box 449672

ANYTHING IS POSSIBLE

Art-loving 40yr old, 5ft9, brown hair/eyes, into motorbikes and weight-lifting, looking for a trustworthy female for friendship to start off with, then who knows? Box 448928

THE WIND BENEATH YOUR WINGS

Guy of 40, outgoing, fun, tall, told I'm handsome, easygoing, looking to meet a nice, attractive lady to sweep off her feet. Box 883376

LOVE ON THE DANCEFLOOR

Outgoing, young-minded male, 47, smoker, likes warm games, books, cinema, castles, places of interest, seeking similar woman to boogie on the dancefloor with. Box 443750

SEARCHING FOR LOVE

Genuine single fella, 41, worked hard on my life now need to find love, seeking loving lady to have loads of fun and more with. Box 884098

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TO LOVE SOMEBODY

Loving, tactile, genuine, considerate male, 42, life of the party, loves swimming, music, cinema, reading, WLTm the girl to spend great times with... Box 449450

LEAN ON ME

MOTORS NEWS



Zoom-Zoom all-new star is out in the open

MAZDA has unveiled its exciting MPS performance star from the all-new Mazda3 line-up.

A limited slip differential has been retained from the original, which should allow the impressive 2.3-litre turbocharged engine to apply maximum power without the front driving wheels relaying 'torque steer' to the driver's hands.

The new lighter and sleeker Mazda3 line-up also has a new fuel and emissions saving stop-start 'i-stop' system and is expected around May time.



Bargain open-top buys as recession hits hard

IF you always fancied an upmarket crop-top and have money saved, now is the time to buy, says Glass's Guide.

The trade 'bible' reveals that year-old/12,000-mile prestige convertibles are worth up to a quarter less than in March 2008, though bargain hunters must move fast ahead of an expected summer rush.

Best value is the folding hardtop Mercedes-Benz SLK 280 (pictured) and Guide spokesman Richard Crosthwaite added prestige roadster/cabriolet values used to outperform most sectors, but have been hit by decline in consumer spending.



Hyundai i-20 heating up the hatch price war

FRESH from launching the five-door i20 supermini replacement for the Getz, Hyundai has a three-door version due here in April.

Already undercutting rivals in a sector that has grown quickly as buyers race to downsize, this new i20 version will add to pressure with the usual Hyundai five-year warranty and a start price of £8,195 – £450 less than the five-door. Most buyers are expected to choose the lightweight 76bhp 1.2-litre petrol engine for its low fuel consumption and CO2 emissions.



RAISING THE BAR: Not only has the Yaris received a new look, Toyota has also implemented its new Optimal Drive technology which boosts the engine's efficiency and emissions

New-look Yaris' makeover has given it optimal appeal

TOYOTA set the bar high with the original 1999-vintage Yaris supermini.

It needed to, after earlier supermini candidates that were pretty underwhelming – remember the optimistically-named Starlet?

However, after a quantum leap with the first Yaris, the next step always risked looking conservative.

And so it seemed when the 'Mark II' launched in 2006; unique selling points were repeated – trouble-free and cheap motoring plus loads of space – but little else seemed new or exciting.

But the Mark II Yaris grows on you and looks all the better for a 2009 makeover (now from £8,585), not simply due to a fresher front and rear end either.

The big news is under the bonnet; Toyota is implementing new Optimal Drive technology widely, but progress in the supermini sector is most crucial as the recession continues.

Optimal Drive boosts combustion efficiency, while reducing friction plus engine and transmission weight to deliver better power, economy and emissions – all Yaris models now qualify for the lowest payable road tax (£35/year).

ROAD TEST TOYOTA YARIS

BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

Impressively, the engine line-up also now includes a lively yet frugal new 1.33-litre petrol engine with 'Stop & Start' to cut the engine and restart it automatically at traffic lights or in stop start traffic.

Toyota claims a class-leading 55mpg average and it is typical of new generation petrol engines that are carrying the fight to diesels, which deliver less value for money in small cars due to extra weight and higher upfront cost.

The 1.33, as tested here in attractively packaged and priced SR (£10,915) form, feels fast and nimble for this class and very much a car for these times.

The rear seat can be adjusted fore and aft – a feature that made the original such a hit – to boost legroom or boot space according to immediate need, and there is plenty of room and storage flexibility in front.

The cabin can be noisy when the engine is under duress and I still don't like the Yaris's trademark centrally-mounted speedo and gauges – I think the former should be as close to straight ahead as possible – but the slick six-speed shift is mounted nice and high and Stop & Start is one of the smoothest and most inobtrusive of such systems tried so far.



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06 56 FOCUS 1-6 LX ESTATE AUTO PAS AIR/C STEEL GREY 12000 MILES.....	£7995
06 06 FOCUS 1-6 GHIA AUTO PAS ESTATE ALLOYS BLUE 14000 MILES.....	£7995
06 06 FOCUS 1-6 GHIA AUTO PAS 4DOOR ALLOYS SILVER 15000 MILES.....	£6995
06 55 FOCUS 1-6 GHIA AUTO PAS 4DOOR ALLOYS TONIC BLUE 17000 MILES.....	£6495
06 55 FOCUS 1-6 LX 5 DR AUTO PAS AIR/C SEA GREY METALLIC18000 MILES.....	£6495
06 55 FOCUS 1-6 LX 5 DR AUTO PAS AIR/C SILVER METALLIC12000 MILES.....	£6495
05 55 FOCUS 2-0 GHIA ESTATE 5DR AUTO PAS AIR ALLOYS BLUE 4000 MILES.....	£7995
05 55 FOCUS 1-6 LX 5 DR AUTO PASAIR/C JEANS BLUE 15000 MILES.....	£6495
05 55 FOCUS 1-6 ZETEC CLIMATE AUTO PAS AIR/C ALLOYS BLUE 13000MLS.....	£6495
04 54 FOCUS 1-6 ZETEC 5DR AUTO PAS ALLOYS ROSSO RED 15000 MILES.....	£4995
04 04 FOCUS 2-0 GHIA 5 DR AUTO PAS LEATHER TONIC BLUE 24000 MILES.....	£5995

CORSAS

07 07 NEW CORSA 1-4 CLUB AUTO PAS AIR/C 5DR SILVER 19000 MILES.....	£7995
07 07 NEW CORSA 1-2 CLUB AUTO PAS AIR/C 5DR SILVER 680 MILES.....	£7995
06 06 CORSA 1-0 LIFE 3 DR AUTO PAS SILVER CD 18000 MILES.....	£4995
05 55 CORSA 1-4 DESIGN AUTO PAS AIR/C 3DR STAR SILVER 7000 MILES.....	£5995
05 55 CORSA 1-4 DESIGN AUTO PAS AIR/C 5DR STAR SILVER 24000 MILES.....	£5995

CITROEN

07 07 CITROEN C3 1-6 SX AUTO PAS AIR/C BLUE METALLIC 10000 MILES.....	£6995
06 56 CITROEN PICASSO 2-0 EXCLUSIVE AUTO SILVER 5000 MILES.....	£8995
05 55 CITROEN PICASSO 2-0 EXCLUSIVE AUTO WICKED RED 17000 MILES.....	£6995
05 05 CITROEN PICASSO 2-0 EXCLUSIVE AUTO BLUE MET 8000 MILES.....	£5995
05 05 CITROEN C4 1-6 SX AUTO PAS AIR/C SILVER MET 19000 MILES.....	£5495

CHRYSLER

06 06 CHRYSLER PT CRUISER 5DR TOURING SILVER BIRCH 6000 MILES.....	£6495
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MAZDA

07 57 MAZDA 6 TS AUTO PAS ALLOYS AIR/C 5DR BLUE MET 11000 MILES.....	£9995
07 07 MAZDA 6 TS AUTO PAS ALLOYS AIR/C 5DR BLUE MET 13000 MILES.....	£9495
07 56 MAZDA 3 TS AUTO PAS ALLOYS AIR/C WINNING BLUE 11000 MILES.....	£7995
06 06 MAZDA 6 TS AUTO PAS ALLOYS AIR/C 5DR BRIGHT RED 14000 MILES.....	£7995
06 06 MAZDA 2 CAPELLA AUTO PAS ALLOYS AIR/C 5DR TONIC 7000 MILES.....	£6495

SKODA

08 08 SKODA ROOMSTER 2 AUTO PAS AIR/C MET GREY 450 MILES.....	£9995
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06 55 HONDA CRV SPORT 5DR AUTO PAS ALLOYS AIR SILVER 6000 MILES.....	£9995
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07 57 HYUNDAI AMICA 1-1 CDX AUTO PAS AIR/C ALLOYS 12000 MILES.....	£5495
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07 57 NEW AYGO PLUS 5 DOOR AUTO PAS AIR/C ICE BLUE 5000 MILES.....	£7495
07 56 NEW YARIS T3 1-5 5DR AUTO PAS CRYSTAL GREEN 5000MILES.....	£7995
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05 54 YARIS 1-0 T SPIRIT 5 DR AUTO PAS AIR BLUE ALLOYS 22000 MILES.....	£5495
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06 06 NISSAN NOTE 1-6 SE 5 DR AUTO PAS AIR/C CAFFE LATTE 32000MILES.....	£5995
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03 03 SUZUKI WAGON 1-3GL SPECIAL 5 DR AUTO PAS SILVER 17000 MILES.....	£3695
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MG ROVER

03 03 ROVER 45 IMPRESSION AUTO PAS AIR/C NIGHTFIRE RED 43000 MILES.....	£3495
04 53 ROVER 25i XL 5 DR AUTO PAS BRG /BLACK LEATHER ALLOYS 15000M.....	£3995
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07 07 CHEVROLET TACUMA 2-0 CDX AUTO PAS AIR MET BLUE 4000 MILES.....	£4995
07 07 CHEVROLET MATIZ 8-0 SE DR AUTO PAS YELLOW 5DR 2000 MILES.....	£5495
07 56 CHEVROLET TACUMA 2-0 CDX AUTO PAS AIR MET BLUE 7000 MILES.....	£4995

VOLKSWAGEN

07 57 VW POLO 1-4 S 3DR AUTO PAS AIR/C ALLOYS BLACK 7000 MILES.....	£7995
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06 06 ASTRA 1-8 DESIGN AUTO PAS ALLOYS ESTATE SILVER 11000 MILES.....	£6995
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05 05 MERIVA 1-6 ENJOY AUTO PAS AIR/C SILVER 7000 MILES.....	£5995
05 54 ZAFIRA 1-8 LIFE AUTO PAS CD AIR/C DARK BLUE 12000 MILES.....	£5995
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07 07 SCENIC GRAND DYNAMIQUE 2-0 AUTO PAS AIR/C GREY 5000MILES.....	£8995
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06 56 PEUGEOT 307 S AUTO PAS AIR/C SILVER METALLIC 9000 MILES.....	£7495
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05 05 206 SW ESTATE QUICKSILVER AUTO PAS AIR/C GREY MET 15000MILES.....	£6495
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06 06 PEUGEOT 107 1-0 URBAN 3DR MANUAL BLUE METALLIC 14000MILES.....	£5995
06 05 TIGRA EXCLUSIVE 1-4 5 SPEED BLACK LEATHER 14000 MILES.....	£9495
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02 52 FORD FUSION 2 5 SPD MANUAL SILVER ONE OWNER 36000 MILES.....	£3495

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06 06 C180 KOMPRESSOR CLASSIC AUTO PAS AIR/C BLUE 18000 MILES.....	£13995
08 57 TOYOTA AURIS TR 5DR AUTO PAS AIR ALLOYS SILVER 5000 MILES.....	£10995
07 57 CHEVROLET TACUMA 2-0 CDX AUTO PAS AIR MET BLUE 4000 MILES.....	£5495
07 57 FIESTA 1-6 STYLE CLIMATE 5 DR AUTO PAS AIR/C 6000 MILES.....	£7995
07 07 CHEVROLET KALOS 1-4 SX AUTO PAS AIR/C SILVER 3000 MILES.....	£5995
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06 56 VW POLO 1-4 S 3DR AUTO PAS AIR/C CORNFLOWER BLUE 7000MILES.....	£6995
06 06 HYUNDAI MATRIX 1-6 GSI PAS AIR AUTO SHIMMER BLUE 10000MILES.....	£5495
06 06 MAZDA 2 CAPELLA AUTO PAS ALLOYS AIR/C 5DR TONIC 16000 MILES.....	£5995
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03 03 ROVER 25i 1X 5 DR AUTO PAS SILVER 1 FATHER TRIM A1 OYS 3000M.....	£3495

USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

AUDI TT



SEEMINGLY out of nowhere, Audi created the retro-styled TT Coupé – an instant classic evoking the lines and spirit of the great pre-war Auto Union racers. The chic retro theme continues inside the car, which is beautifully made. The original TT's only weakness was a chassis that failed to reach the high standards of contemporaries like the Porsche Boxster, but the blend of fun, style and image is hard to beat at really quite affordable prices now for most versions.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

TOYOTA CELICA



DESPITE a drippy name, the last (seventh generation) Celica – at least for now – is a class act that justifies some extra investment. It was a sophisticated drive, yet still very practical with good seating for four plus a useful rear hatchback and load area. The styling is timeless, so it doesn't matter this version was launched in 2000. Best of all, it has a range of free-revving engines, great chassis and built-in Toyota reliability – an unsung hero.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

HYUNDAI COUPÉ



ONCE Hyundai sorted out the styling and quality glitches of early generations, the Korean brand's 'reliable budget four-seat coupé' proposition was bound to take off. The latest coupé is beefier and smarter and confirms what great value the car is. The chassis cannot rival the Toyota Celica, but delivers great fun with modest outlay. For 0-60mph in 8.2 seconds, there is also the 2.7 V6 version. You may also find a car with some of Hyundai's five-year warranty still intact.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★



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06 56 Citroen C3 1.4 HDi Desire 5dr
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07 57 Toyota Yaris 1.0 VVT-I T2 3dr
Parker's Price £7,280
Save **£781*** Our Price **£6,499**



07 07 Renault Megane 1.6 VVT Dymanique 5dr
Parker's Price £7,010
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08 08 Peugeot 308 1.6 HDi 110 S 5dr
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07 07 Peugeot 307 CC 2.0 S 2dr
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07 07 Ford Mondeo 2.0 TDCi 115 LX 5dr
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One monthly payment**	£274.00	Mileage per annum	6,000
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Total amount payable	£9,605.97	APR	12.9%

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06 06	Citroen C4 1.4 SX, Met Red, 5dr, 5spd	£5795
06 55	Ford Focus 1.8 TDCI Titanium Met Blue, 5dr, 5spd, Diesel	£6995
05 55	Audi A4 Avant 2.0 TDI SE M/tronic Red, Estate, Auto, Diesel	£11795
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05 55	Toyota Pruis 1.5 VVI T-Spirit, Met Bronze, 5dr, Auto	£8995
05 55	Vauxhall Zafira 2.2 Life Met Grey, 7 Seater, Auto	£6995
05 55	VW Touran 1.6 TDCI Sport Met Black, 5dr, 5spd, Diesel	£6495
05 55	Vauxhall Astra 1.8 Club, Met Silver, 5dr, Auto	£6295
05 55	Ford Fiesta 1.25 Zetec Climate Met Black, 5dr, 5spd	£5995
05 55	Mitsubishi Colt 1.3 Equippe, Met Blue, 5dr, Auto	£4995
05 05	VW Touran 2.0 TDI PD DSG Sport Met Blue, 7 Seater, Auto, Diesel	£10995
05 05	VW Touran 2.0 TDI PD DSG SE Met Silver, 7 Seater, Auto, Diesel	£10495
05 05	VW Touran 2.0 TDI PD DSG SE Blue, 7 Seater, Auto, Diesel	£9995
05 05	VW Passat 1.9 TDI 130 Highline, Met Blue, Estate, Auto, Diesel	£7995
05 05	Vauxhall Astra 1.4 Life Twinport, Met Blue, 5dr, 5spd	£4995
05 05	Renault Kangoo 1.5 DCI SL17 70 White, Van, 5spd, Diesel	£3695+VAT
04 54	Jaguar X-Type 2.0d SE Met Silver, 4dr, 5spd, Diesel	£8695
04 54	Toyota Avensis 2.0 T-Spirit D-4D Met Silver, 5dr, 5spd, Diesel	£7995
04 54	VW Golf 1.9 TDI SE Met Black, 5dr, 5spd, Diesel	£7495
04 54	Fiat Panda 1.2 Eleganza, Met Grey, 5dr, 5spd	£3995
04 04	Audi A4 1.9 TDI SE 130 Tiptronic Met Blue, 4dr, Auto, Diesel	£8795
04 04	Vauxhall Zafira 2.0 DTI Energy, Black, 7 Seater, 5spd, Diesel	£6295
04 04	Citroen Xsara Picasso 2.0 HDI Exclusive Met Silver, 5dr, 5spd, Diesel	£5295
04 04	VW Polo 1.2 Twist, Met Green, 5dr, 5spd	£5295
04 04	Vauxhall Meriva 1.8 16v Design Met Blue, 5dr, 5spd	£4295
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03 53	Vauxhall Corsa 1.3 CDTI Design Met Green, 5dr, 5spd, Diesel	£4495
03 03	Peugeot 307 SW 1.6 SE Met Blue Estate, Auto	£4995
03 03	Citroen C5 2.0 HDI 110 VTR Met Green, 5dr, Auto, Diesel	£4495
03 03	Vauxhall Astra 1.7 DTI Met Silver, 5dr, 5spd, Diesel	£3995
03 03	Vauxhall Astra 1.7 CDTI Met Blue, 5dr, 5spd, Diesel	£3995
03 03	Citroen C3 1.4 Desire Met Purple, 5dr, 5spd	£3995
03 03	Vauxhall Astra 1.7 CDTI Met Blue, 5dr, 5spd, Diesel	£3995
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00 W	Ford Galaxy 1.9 TDI Zetec Met Silver, 7 seater, 6spd, Diesel	£4995
00 V	VW Golf 1.6 SE Cabriolet Met Blue, 2dr, 5spd	£3295

Commercial

05 05	Renault Kangoo 1.5 DCI SL17 70 White Van, 5spd, Diesel	£3695+VAT
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00 W	Nissan Almera 1.4 Invitation, Met Green, 5dr, 5spd, PAS, MOT, Taxed	£1495
00 V	Vauxhall Vectra 1.8 16v LS, Met Red, 5dr, 5spd, PAS, MOT, Taxed	£1395
99 S	Ford Fiesta 1.25 LX Zetec, Met Red, 5dr, 5spd, PAS, MOT, Taxed	£1495
99 S	Rover 214 1.4i, Met Silver, 5dr, 5spd, PAS, MOT	£895
98 R	Ford Fiesta 1.25 LX Zetec, Blue, 3dr, 5spd, PAS, MOT, Taxed	£1495
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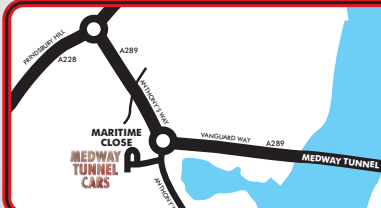


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Deposit	£1,545.59	Acceptance fee*	£125.00
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Model shown is new Octavia Elegance hatch 1.4 TSI 122bhp at £14,960 RRP including optional metallic paint at £400 RRP. **Official fuel consumption in mpg (litres/100km) for the new Octavia Range:** Urban 27.4 (10.3) – 44.8 (6.3), Extra-urban 45.6 (6.2) – 67.3 (4.2), Combined 36.7 (7.7) – 57.6 (4.9). **CO₂ emissions for the new Octavia Range 130 – 180g/km.** * From only price refers to new Octavia S Hatch 1.4 16v 80bhp.

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Retail cash price	£15,660.00	Option to purchase fee**	£60.00
Amount of credit	£10,962.41	Excess mileage	4.80p per mile
Optional final payment	£5,224.05		
		Typical	6.9% APR

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Model shown is New Superb Elegance 1.8 TSI 160bhp at £21,505 RRP including optional metallic paint at £400 RRP. **Official fuel consumption in mpg (litres/100km) for the New Superb Range:** Urban 19.2 (14.7) – 43.5 (6.5), Extra-urban 38.2 (7.4) – 67.3 (4.2), Combined 28.0 (10.1) – 55.4 (5.1). **CO₂ emissions for the New Superb Range 136 – 235g/km.**

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- NURSING, MEDICINE, CARE WORK
- OTHER
- PRINT, PACKAGING, DISTRIBUTION
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Senior & General Appointments 65-68

Now recruiting:
Qualified MOT Tester
At our Strood Branch
To apply please contact: **Tanya** on **01634 717 747**
or apply on line at www.mrclutch.com

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Require:-
Minibus Drivers - Part time
Medway Towns £7- £8 p/h
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Experience is preferred but not essential.
All candidates to complete a CRB check.
Immediate start possible for suitable candidates.
For information on these and other vacancies
please call **Andy** or **Alex** on **01622 664999**

Band 6 Occupational Therapist
Our Occupational Therapy Service has a vacancy for an enthusiastic Occupational Therapist. The post would require 32 hours a week during term time with an additional six negotiated days out of term time hours.
The Royal School for Deaf Children and Westgate College for Deaf People are a specialist residential school and college for children and young people who are d/Deaf, many have additional complex needs, including learning difficulties and behavioural difficulties. We also have a Community Living provision for adults with similar conditions.
For further information or informal visit (strongly recommended) please contact Stephen Webb, Occupational Therapist at:
Royal School for Deaf Children,
Victoria Road, Margate, Kent, CT9 1NB.
Telephone: **01843 222454**.
Email swebb@royalschoolfordeaf.kent.sch.uk
Please telephone Diane Kirrage, HR Administrator on **01843 222429** for an application form.
Closing Date: Friday 27th March 2009

To advertise in this section
 01303 817040

Fuji Seal Europe Ltd.
The Fuji Seal Group is the only shrink sleeve manufacturer offering a complete single source solution utilising its network of manufacturing operations in the UK, Netherlands, France, Poland, USA, Asia and Japan.
We are recruiting the following positions:
MAINTENANCE ELECTRICIAN
Duties will include preventative and breakdown maintenance, improvements and new installations. Individual responsibility for ensuring machines operate to appropriate quality specifications. Working an 8 hour rolling shift pattern (6am-2pm, 2pm-10pm, 10pm-6am) Monday-Friday plus callout requirement. The following qualifications are appropriate, but alternatives may be acceptable. Apprenticeship served Maintenance Electrician, City & Guilds or BTEC (ONC) in Electrical Engineering, 17th Edition Wiring regulation.
MAINTENANCE FITTER
Duties will include a wide range of tasks including planned preventative maintenance, unplanned repairs and new installations. You will work with a small team of colleagues on a continental shift pattern (2x12 hr days, 2 x 12 hr nights, 4 off). The following qualifications and experience are appropriate, but alternatives may be acceptable. Apprenticeship served, City & Guilds in Mechanical Engineering, some electrical knowledge and experience advantageous but not essential.
You'll enjoy a full range of employee benefits. To apply please send your CV to HR Department, Fuji Seal Europe Ltd, Scimitar Close, Gillingham Business Park, Gillingham, Kent ME8 0RJ or alternatively you can email to jobs@uk.fujiseal.com. Previous applicants need not apply.
Closing date: 9 March 2009
Strictly no agencies.
Fuji Seal Europe are an equal opportunities employer.

PROJECT COORDINATOR
for Market Research Company (Healthcare)
Based outskirts of Sittingbourne.
Excellent Telephone, Organisational, Admin and Communication Skills Essential.
Training will be given, no healthcare experience necessary.
Salary £15,000 - £17,000
Apply by email to info@medicysltd.co.uk
Or write to:
Medicys Limited, Broad Oak Enterprise Centre, Broad Oak Road, Sittingbourne, Kent ME9 8AQ

Gravesend Grammar School for Girls
A Specialist Science College
 Pelham Road, Gravesend, Kent DA11 0JE
Telephone: 01474 352896 Fax: 01474 331195
Website: www.gsgs.org.uk
email: enquiries@gsgs.org.uk
TEACHER OF MATHEMATICS
Maternity Cover – September 2009
We are looking for a well-qualified and enthusiastic Teacher of Mathematics to join a highly successful Faculty. The person appointed would be required to teach up to A' Level. Maths is a very popular option with students and a high proportion go on to study a Mathematical course in Higher Education.
The person appointed will receive high quality mentoring and support. The Faculty enjoys excellent facilities and equipment.
We have been a Specialist Science College since September 2004; this has led to a broad range of innovative practice across the school and we are looking to develop cross-curricular projects involving Mathematics.
The School has a high profile for achievement locally and nationally and prides itself on a strong record of internal professional development including a full induction in the Summer term.
The School is also an Investor in People and an Investor in Careers.
Application forms and further details are available from the Headteacher's Personal Assistant, Mrs M Tong Ralphs.
Completed forms should be returned by post, fax or email for the attention of **Mrs E Wilson, Headteacher**, no later than
Wednesday 18th March 2009
This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

TEACHERS!
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£132 PER DAY?
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www.education-sense.com

Community Drug Workers
£21,244 – £27,492 + ESSENTIAL CAR USER ALLOWANCE UP TO £1,095
EAST/WEST KENT AND MEDWAY
KCA (UK) is an expanding and vibrant organisation providing a wide range of high quality and innovative specialist services in the drug, alcohol and mental health sectors.
Could you help chaotic injecting drug users to stabilise their use and begin shaping better lifestyles? It is a big challenge that will see you work closely with medical staff as you deliver assessment and key worker support to people accessing the substitute prescribing service.
Significant experience of working with individuals with drug related problems is desirable, along with a qualification to diploma level in a relevant area – nursing, counselling or social work for example. As for your future, there is the opportunity to make a huge impact on people's lives and help grow our services into the future working as part of a multi-disciplinary team.
For further information and an application form email recruitment@kca.org.uk or write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT. Alternatively, call 01795 590635. Please quote ref: 553
Closing date: 13 March 2009.
Interview date: 1 April 2009.
KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse.
Charity no: 292824.
www.kca.org.uk
 K·C·A
Services in the Community

CONTROL ROOM OPERATOR

We are looking for an energetic and enthusiastic person to join our team of Control Room Operators who assist in the running of a 24hr Vehicle Breakdown, Recovery and Transportation Company. A knowledge of the industry would be an advantage, but it is essential to have a good telephone manner, common sense and an ability to think logically under pressure.

Apply in writing, including a CV to:

Personnel Director, Eclipse Recovery Services Ltd,
The Warren, Ratling Road, Ratling,
Canterbury, Kent CT3 3BD

Or call 01304 843011 for an Application Form.

Closing date: 12th March 2009



Amac Dynamic Training offers training and career development to fitness professionals. Courses on offer include NVQs, bespoke in-house training, fitness professional courses ranging from levels 1-3. Amac is committed to Equality and Diversity.

14-19 Programme Manager (Full time up to £31k pa) Canterbury

The successful candidate will work closely with the management team, tutors and operational staff to ensure the design, development, management and implementation of programmes is of a consistently high standard. You would be highly skilled in developing and maintaining effective relationships with key partners and stakeholders. We are looking for inspirational and committed individual, who can show excellent interpersonal, communication and influencing skills. Applications are welcome from experienced candidates, and will hold a DTLS teaching qualification (Certificate in Education or equivalent), together with an interest in sports and fitness and curriculum development for the 14-19 age range.

How to Apply

Please contact Amac for an application form, full job description, candidate requirements, and details of salary and benefits for position. Contact info@amactraining.co.uk or 01227 831 840. Alternatively e-mail your C.V. with a covering letter, or post it to: Amac, 2 Denne Hill Business Centre, Womenswold, Canterbury, CT4 6HD
Closing Date: 26 March 2009 Interview Date: 31 March 2009

SUPPORT STAFF AND TEAM LEADERS

Required for our autism specific service in Folkestone. NVQ qualification preferred although not essential.

Please call Tom on 01303 251618/01303 259561 for more details. Salary £6 + per hour.

Full Time MANAGER

Required for Boutique in CHISLEHURST. Previous Retail Experience Essential.

Call Ben or Michele
0208 316 6842
info@davinashoes.co.uk

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Require SIA Licensed Door Supervisors

at Various Holiday Parks within the Kent Area

Please Call **Chris** on **01277 355088**
or **E MAIL CV to Doorbird1957@aol.com**

Immediate Start available

Career Opportunities

Canterbury College is an equal opportunities employer



Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Section Manager Construction Craft 08/12

37 hrs per week, salary starting at £33,858 per annum

Section Manager Dental Nursing, Social Care and Counselling 06/110

37 hrs per week, salary starting at £33,858 per annum

Acting Section Manager NVQ's and Professional Studies, Dental, Nursing, Social Care and Counselling 09/02

37 hrs per week, salary starting at £33,858 per annum. Fixed Term post ending 31 July 2009

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation 09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation 09/04

37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.

Lecturer Key Skills (to Automotive Engineering students) 07/30

37 hours per week, salary range £18,387 – £26,363 per annum

Supply Lecturer Community Development S/CD

Various hours available, salary range £18,387 – £26,363 pro rata per annum

Advanced Practitioner 02/128

37 hrs per week, salary starting at £33,858 per annum

Business Publicity Officer 09/09

18.5 hrs per week, salary starting at £16,914 pro rata per annum. One year fixed term post

Trainer Demonstrator Sculpture/3-D Design Art & Design 09/08

37 hrs per week, salary starting at £18,963 per annum

Trainer Demonstrator Preparation for Life & Work 06/179

37 hrs per week, 40 weeks term time, salary starting at £18,963 pro rata per annum

Temporary Enrolment Records Assistants TERA (1-4)

4 posts at 18.5 hrs per week, salary starting at £15,085 pro rata per annum.

Temporary posts starting 01 June 09 and ending 31st October 09

Administrator - Central Administration 07/48

27 hrs per week, salary starting at £15,085 pro rata per annum

Learning Resources Assistant – Book Shelves LRCA6

10 hrs per week, 38 weeks term time, salary £13,711 pro rata per annum (fixed point)

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Sports Hall & Gym
- Proximity to main bus & train stations
- Generous Holiday Allowance
- Close to City Centre
- Staff Discount Scheme

The closing date for the above posts is Monday 16th March 2009 at 12 noon



CLICK
www.canterburycollege.ac.uk/job-vacancies



CALL
01227 811282 (24 hr answerphone)



Career Opportunities

Sheppey College is an equal opportunities employer



Sheppey College is a satellite of Canterbury College and has been open since 1996. We offer a variety of courses in a modern and friendly learning environment and enjoy excellent rates of success.

Learning Support – Essential Skills

ref: 08/147

18.5 hours per week, 38 weeks per year term time, salary starting at £16,914 pro rata per annum

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24hr answerphone) quoting the above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Generous Holiday Allowance
- Proximity to main bus & train stations
- Close to Town Centre

The closing date for the above post is Monday 16th March 2009 at 12 noon



CLICK
www.canterburycollege.ac.uk/job-vacancies



CALL
01227 811282 (24 hr answerphone)



Senior Practitioner Ref: CA0463

Grade: PO2 £31,348 - £40,220 per annum

Hours: 37 per week

Location: Elaine Centre, Strood, Rochester

Medway is continuing to move forward the development of its Children's Services. As part of our recent restructuring of Children's Services we have merged our Looked After Children's Team with our Leaving Care Team. We are committed to putting children at the centre of our service. We have an exciting vision for the future that will provide fully integrated services, which emphasise partnership and participation.

We're looking for talented and enthusiastic people to join our exciting journey. We can offer you an environment in which new ways of thinking and working are warmly welcomed together with the opportunity to be involved in unique and creative projects and extend your skills and interests to meet the needs of young people. You will take responsibility for a small caseload of complex cases. As well as setting the standard for colleagues to follow, you will supervise the work of other members of the team and actively coach, mentor and develop them. You can expect excellent training, career opportunities, final salary pension, generous annual leave, flexible working hours and much more.

We would preferably like you to have

- a post qualifying award
- a practice teacher/assessor award
- a proven track record of developing and maintaining high standards of social work practice through supervision

For more information please call Jo Kavanagh (Team Manager) on 01634 335652 or by email joanne.kavanagh@medway.gov.uk

Any offer of appointment will be subject to a Criminal Records Bureau enhanced disclosure.

All applicants must be registered, or in the process of registering with GSCC.

Closing date: 13 March 2009.

For an application pack or to apply visit www.medway.gov.uk

or phone 01634 333333 Mon to Fri 8am – 8pm, Sat 9am – 1pm

or 01634 332843 24-hour answerphone.

Alternatively email jobs@medway.gov.uk quoting the reference.

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recognising their strengths.



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The Regional Screen Agency for the South East of England has opportunities at both its offices

Headquarters – Folkestone
EDUCATION & YOUTH PROJECTS
CO-ORDINATOR PART TIME
£18,000 - £22,000 Pro Rata Depending on experience
 Up to 28 hours per week Fixed Term Contract
 A Media Box Supported Role

Closing date: 26 March 2009 Interviews will be held on: 06 April 2009

Film Commission – Pinewood Studios
FILM COMMISSION ASSISTANT
£14,000 - £16,000 Depending on experience
 Closing date: 01 April 2009 Interviews will be held on: 09 April 2009

For job specification or further information please see our website
 www.screensouth.org or contact Vanessa Cook
 Please send current CV and letter of motivation including where you saw the ad to
 vanessa.cook@screensouth.org or
 Screen South, The Wedge, 75 – 81 Tontine Street, Folkestone, Kent CT20 1JR
 T: 01303 259 777 F: 01303 259 786
 www.screensouth.org

Screen South are an equal opportunities employer and have achieved Investors in people status.



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**THE THOMAS
 AVELING
 SCHOOL**



(A Foundation Technology College)
 Arethusa Rd, Rochester, Kent ME1 2UW
 Headteacher: Mr R J Hart, BEd, MA
 Tel: 01634 844809 Fax: 01634 818385
 Email: office@thomasaveling.co.uk Website: www.thomasaveling.co.uk/jobs

Senior Reprographics Technician
Full Time (37 hours per week)
Salary: NJC Scale C1 Point 17 – 26 (presently £16,614 - £21,937)

We require from April 2009 a pro-active, organised and self-motivated person with a creative flair to join this popular secondary school. Operating predominantly Konica Minolta copying equipment, this role provides a support function to all levels of staff and students and requires a person with strong communication and inter-personnel skills and the ability to work with pace and diligence.

Prospective candidates should be technically minded with a high level of IT literacy including use of Excel, Word and Publisher, and be capable of working under pressure as required. Some flexibility of working hours may be required during busy periods. Previous experience in a similar environment and at a similar level would be an advantage.

Application form available on school website, accompanied by a CV and brief resume of relevant experience, to be sent to: Mr.S.Rayner (Finance and Business Manager) at the school address shown above. It is envisaged that interviews will take place on Monday 23rd March 2009.

Closing date 9:00 am Wednesday 18th March 2009

The Thomas Aveling School is an Equal Opportunities Employer - committed to safeguarding the welfare of all students and any offer of employment will be subject to an enhanced CRB check.

**Find your way
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 or for a leaflet call 0845 850 88 80
 (Typetalk 18001 0845 850 8880)



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Lines open Monday to Friday 8am to 8pm and Saturday and Sunday 9am to 5pm. As at September 2008, calls to 0845 numbers from BT land lines should cost no more than 4p a minute with a 7p call set-up charge. You may have to pay more if you use another phone company or a mobile phone, or if you call from abroad. Our textphone / typetalk numbers are for people who cannot speak or hear clearly. If you don't have a textphone / typetalk, you could check if your local library or citizens advice bureau has one. Textphones / typetalk don't receive text messages from mobile phones.

Music/Play Worker - Disability Specialist


Pie Factory Music are seeking a creative and energetic individual with enthusiasm for a range of musical styles to work across East Kent with disabled children and young people, involving them in creating music. You will plan and deliver a wide range of music making sessions, courses and play activities for children with a range of abilities. This will include the use of specialist sound beam equipment (training provided).

You will be qualified to NVQ3 in music/youth/play work or equivalent. Previous experience with disabled children preferred.


You will need to be mobile and able to deliver sessions across East Kent. Skills in non-verbal communications systems, e.g. BSL, Makaton, PECS, etc., would be an advantage.

For more information and an application pack, please call
Steve Kreeger on 01843 596777 or e-mail steve@piefactorymusic.com.
 To find out more about Pie Factory Music, visit www.piefactorymusic.com
 Closing Date: **31/03/09**

ARCHERS COURT MATHS & COMPUTING COLLEGE



Whitfield, Dover, Kent. CT16 2EG
 Tele: 01304 820126 Fax: 01304 821915
 e-mail: office@archers-court.kent.sch.uk
 Web site: www.archers-court.kent.sch.uk



Required for September
MUSIC GRADUATE
to achieve qualified teacher status via the one year Graduate Teacher Programme
Annual salary £19,058

Archers Court is a Specialist 11 – 18 College for Maths and ICT OFSTED judged us to be GOOD in all categories, making us the highest rated non selective school in the Dover area.

This is an exciting opportunity for a graduate who would like to be trained and qualify as a teacher.

An application pack is available from the school.
The closing date for applications is Friday, 13 March 2009
 Interviews will be held week commencing Monday, 16 March 2009

Deal Town Council
 Town Hall, High Street, Deal, Kent CT14 6BB Tel No: 01304 361999

TWO VACANCIES
Deputy Premises Officer
20 hours per week worked flexibly. Salary £6.53 per hour

To appoint a Deputy Premises Officer to assist in an expanding area of work within the council. Embracing, booking and invoicing plus subsequent attendance at events, along with caretaking and the overseeing of the council's allotments. The post holder will need to be flexible as much of the work takes place in the evenings and at weekends. The successful candidate needs to be physically fit and should ideally have some relevant experience as well as being conversant with Microsoft IT packages. The council seeks to be a quality employer but parts of the Town Hall are difficult to access for the disabled.

Closing date for applications:
12 noon Friday 20 March 2009 – Interviews will be on the morning of Friday 27 March 2009

Deal Saturday Market Officer
Part Time post – 10 hours per week. Salary £7.34 per hour
 (This involves unsocial hour working)

To appoint a Market Officer who will oversee an increasingly busy market and has to work mostly on their own initiative to agreed protocols. A flexible approach to working hours is needed as well as a patient attitude to stallholders and public. Apart from the actual market day, during the week the duties require the officer to be available via a mobile phone to deal with enquiries and stallholder bookings. Record keeping is an important part of the duties. The post holder will need to be physically fit and ideally conversant with Microsoft IT packages.

Closing date for applications:
12 noon Friday 27 March 2009 – Interviews will be on Friday 3 April 2009

For an application pack contact:
 Deal Town Council, Deal Town Hall, High Street, Deal, Kent CT14 6BB
 Tel: 01304 361999 or Email: dealtowncouncil@deal.gov.uk



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HGV Class 2 Drivers
 48.0 hours per week Competitive Salary

HGV Class 2 Driver for an immediate start.
 Lorry mounted crane licence is essential.

Recovery (streetlifter) or transporter experience is desirable. Full training & uniform supplied.
 Good rates of pay + benefits

To Apply: Phone Suzy in Human Resources on
1202 744194 ext 226
 Or email: suzy@ctrent.co.uk to send in your CV or request an application form.

Closing date for application **23rd March 2009**
www.trents.co.uk


TERMS AND CONDITIONS
KOS MEDIA (PUBLISHING) LTD
TERMS AND CONDITIONS

- Advertisements will be accepted only on the express condition that the advertiser warrants that the advertisement does not in any way contravene any existing legislation and in particular the Trade and Description Act 1968 and the Consumer Credit Act 1974.
- It is the responsibility of all advertisers to ensure that all advertising meets all forms of government legislation and KOS Media (Publishing) Ltd (the "media owner") takes no responsibility for liability in errors and omissions to the content of our media.
- All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.
- All rates within the annual advertising agreement will be rate protected for 12 months from the first date of publication under the signed agreement.
- Any unsuitable material posted on any website belonging to KOS Media (Publishing) Ltd by the advertiser or any associated third party will be removed or refused. All passwords and security supplied to the advertiser by KOS Media (Publishing) Ltd in relation to the use of the posting of material via the media owner's online administration tool will be the responsibility of the advertiser. The advertiser indemnifies KOS Media (Publishing) Ltd against any damages as a result of misuse of these privileges by either the advertiser or any third party given password privileges by the advertiser.
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- A guarantee of insertion cannot be given and the media owners shall not be liable for any loss or damage caused by any error inaccuracy within your marketing content. In no case shall the total liability of the media owner for any error or omission exceed the price charged by the media owners for that advertising.
- No liability is accepted for any loss or damage alleged to have arisen through delay in forwarding replies to Box numbers, however caused, nor for the loss or damage to any artwork supplied.
- Claims for any error or inaccuracy in your media messages with KOS Media (Publishing) Ltd must be made in writing to the accounts department within 10 days of publishing.
- KOS Media (Publishing) Ltd accepts no responsibility for any errors or omissions made on their websites by the advertiser.
- KOS Media (Publishing) Ltd has the right to cancel the advertiser's annual membership without notice should the advertiser deliberately publish out of date material or content on any of the media owner's online digital platforms. KOS Media (Publishing) Ltd will seek to recover, in full, all outstanding invoices in relation to the signed annual membership as a result of the advertiser's negligence in this regard and reserves the right to claim damages for any potential vesatious action by the advertiser.
- Advertisers are requested to check their advertisements after the first insertion. The media owner will not be responsible for any errors on subsequent insertions, which have not been advised to them in writing.
- A minimum of one month's notice must be given in writing for any cancellation of the signed annual advertiser's agreement. Upon cancellation, all discounts from KOS Media's standard effective media advertising rate card (July 2008-June 2009) will be recalculated and adjusted accordingly in line with KOS Media's standard media rate card (effective July 2008-June 2009) and will reflect the revised length of commitment denoted by the advertiser's written cancellation. Any surcharges, refunds or costs in relation to the production of the advertiser's TV commercial for the commitment set out within the advertiser's agreement will be met in full by the advertiser as per KOS Media's standard media advertising rate card (July 2008-June 2009). Discounts will be reapplied and any refunds or surcharges will be paid by either party within 30 days of the advertiser's written cancellation. Any other advertising placed must give a minimum of seven days' written notice and any discounts given for series bookings will be forfeited by the advertiser upon cancellation.
- Seasonal contracts, Your Professional classified advertisements or any uplift advertising within the annual contract with the advertiser will be invoiced in full - at rate card - on receipt of any written cancellation of this contract within the 12-months.
- All uplift advertisements must be booked in at least three months in advance of publication and will be subject to availability. All dates booked will be on a first-come, first-served basis.
- The advertiser must agree to the date and time of filming of any online TV advertising commercial supplied by KOS Media (Publishing) Ltd within the advertiser's agreement. (Platinum, Gold, Silver or Bronze). If, for any reason, the advertiser is not available at the agreed time without giving sufficient notice (at least 48 hours), KOS Media (Publishing) Ltd reserves the right to charge for any further TV production at its standard published hourly rate should the advertiser still wish to use KOS Media (Publishing) Ltd's production services to complete its TV commercial or photographic imagery included in the advertiser's agreement. The advertiser will approve and accept that there are only two choices of voice-over and music: offered by KOS Media (Publishing) Ltd. Should an advertiser wish to use other voice-over or non-copyright free music, it is the responsibility of the advertiser to pay the PRS rights should they be required to do so. Any changes to or failure to approve the TV production by the deadlines agreed between both parties will result in KOS Media (Publishing) Ltd being given permission by the advertiser to replace the TV commercial with pictures or stills from a choice of photography supplied by the media owner until the advertiser can supply a TV commercial produced at their own cost and risk outside of this agreement. The advertiser also accepts and agrees that this action would not reduce the value or cost of their membership. Any cost of changes required to the TV commercial throughout the advertiser's agreement will be borne by the advertiser outside of this agreement.
- Each advertiser accepts that their ranking and position within KOS Media (Publishing) Ltd's search engine will be equal to those within the advertiser's Gold, Silver, Bronze, etc. other than they will be ranked based on the search engine criteria of optimisation within their level (Platinum, Gold, Silver or Bronze).
- Any delivery claims made by the advertiser or discount vouchers published within the print or online media of KOS Media (Publishing) Ltd in any action as a result of the public or otherwise is the sole responsibility of the advertiser. Any claims resulting from this via KOS Media (Publishing) Ltd must be met by the advertiser.
- a. All credit accounts due for payment shall be notified to the Advertiser by the 30th day following the date of the invoice, time to be of the essence. All sums due to KOS Media (Publishing) Ltd or RBS Factoring shall be paid in full, and the Advertiser shall have no right of set off in any circumstances.
 b. In the event that payment is not received by KOS Media (Publishing) Ltd or RBS Factoring by the due date, the media owner shall be entitled to suspend all further advertising until payment is received and/or repudiate the contract and make any surcharges for breaking the contract.
 c. In the event that payment is not received by KOS Media (Publishing) Ltd by the due date, the media owner reserves the right to charge interest on all overdue balances calculated on a daily basis at the rate of two per cent above the minimum lending rate of National Westminster Bank Plc from time to time in force.
 d. Notwithstanding anything in these terms and conditions or implied to the contrary, in the event of the Advertiser ceasing to use the services of KOS Media (Publishing) Ltd (for whatever reason), the whole amount of monies due from the Advertiser to the date of cessation shall fall due for immediate payment.
 e. The Advertiser will be liable for all costs incurred by KOS Media (Publishing) Ltd in the recovery of debts not paid by the due date.
 f. Payment may be made by cheque, credit transfer, direct debit, cash and any major credit card.
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Picture ALAN BOURNE



CHAMPIONS ELECT: Billy Humphrey dives over for Medway's match-winning try at Erith on Saturday

One point secures promotion hopes

RUGBY

MEDWAY had to dig deep to come from behind and beat Erith by a single point on Saturday to get within two wins of a third successive promotion.

The Kent 1 leaders won 10-9 at Erith and with nearest challengers Old Gravesendians losing, they extended their advantage to six points. With a game in hand, Taff Gwilliam's side will be promoted to the London leagues even if they lose three of their last five games.

A swirling wind made life difficult for the kickers and the visitors missed three penalties early on before taking the lead through an Ollie Cargill try.

The hosts fought back and a hat-trick of penalties saw them lead 9-5 early in the second half. Medway spent much of the last 30 minutes inside Erith's territory but struggled to create any openings.

The breakthrough finally came ten minutes from time when Billy Humphrey crashed over for the vital score. The conversion was missed, but Medway hung on for their 16th successive league victory.

This Saturday they host Sittingbourne.

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Gills boss Mark Stimson discusses who his upcoming loan targets are



Picture GAIL KIRK

CHARGE: Goals from Simeon Jackson (left) and Dennis Oli (right) secured a vital away win for Gillingham at Accrington, which kept Mark Stimson's side in the hunt for a return to League One

Jackson back on target as Gills keep up pace

FOOTBALL

■ BY DAVID PRITCHARD

Accrington Stanley 0

Gillingham 2

Jackson 17, Oli 68



GILLINGHAM strengthened their hold on a League Two play-off place with a gritty win away to struggling Accrington.

Goals from Simeon Jackson and Dennis Oli clinched the victory, which kept Gills seventh but took them within two points of the automatic promotion places before last night's game against Darlington.

The visitors took the lead on 17 minutes when Simeon Jackson scored from close range for his 15th goal of the season. It ended something of a goal drought for the Canada striker, who had not scored from open play for more than two months.

Accrington went into the game on a poor run of form but finished the half strongly, twice forcing superb saves from goalkeeper Simon Royce.

Gills hung on and midway through the second half made it 2-0 when Oli fired home after good work by Adam Miller.

Royce was again fully extended late on to preserve a third successive clean sheet for Stimson's side.

Gillingham starting XI



Subs used: Mulligan (Jackson 71) Steer (McCann 84) Lewis (Miller 90)

squad in the final two months of the season.

The League Two leaders turned an approach down a week ago, with Bees boss Andy Scott telling local newspapers he had no interest in letting Poole go to a promotion rival.

But Stimson is not giving up hope. He said: "I've just told his adviser that if it does change then ring me straight away. He's someone if we don't do anything now then in summer I would definitely be interested in him because he's a player I know well and can affect a game."

Gills have until March 26 to add to their squad.



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Chats use their Barnett to put in good performance

FOOTBALL

BY DAVID PRITCHARD

Chatham Town 1

Barnett 80

Brentwood Town 1

Higgins 83

LEE Barnett kept up his outstanding goalscoring record as Chatham Town shared the spoils with promotion hopefuls Brentwood on Saturday.

The striker, who was at QPR as a youngster, got on the score sheet for the eighth successive game with a poacher's effort from close range ten minutes from time. The Chats were denied victory as Brentwood drew level shortly afterwards to claim the draw they probably deserved on the balance of play.

Despite throwing away a late lead, Town manager Steve Binks was content with the result.

He said: "I was delighted with the performance and it's a good point. When you take the lead with ten minutes to go you think you can hold out for the win, but they were a good side and you could see why they are third in the table."

"If we had taken our chances we could have

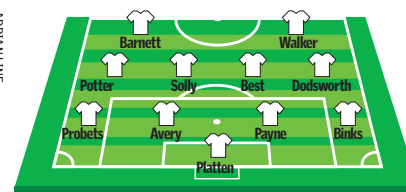


HOT STREAK: Lee Barnett has scored in Chatham's last eight games

been 2-0 or 3-0 up but I'm not going to criticise the players because it was a good performance."

Binks was forced to make changes from the side which beat Wingate & Finchley 2-0 last

Canterbury City starting XI



Subs used: Lyons (Potter 30) Ascheri (Dodsworth (85))

Tuesday. Danny Larkin (neck) and Rob Denness (back) were both missing, while Brad Potter was taken off after half an hour with an ankle injury.

The Chats have made a habit out of finishing games strongly in recent weeks and again they saved their best football for the second half. They carved out three glorious chances to take the lead but substitute Jim Lyons and Byron Walker (twice) were denied by smart saves.

The pressure eventually told and on 80 minutes an almighty goalmouth scramble was eventually ended by Barnett, who notched his 12th goal in as many games. The advantage lasted all of three minutes, when Sam Higgins was left unmarked to head home from close range.

Chatham were again in action last night as they hosted mid-table Cheshunt. Log on to www.yourmedway.co.uk for the report and reaction. After a run of three home games, Town visit Ware on Saturday.



TEAM TALK

with Gills skipper
BARRY FULLER

Win at Accrington has put us in the mix

ACCRINGTON is one of those places where you have got to get stuck in or they will turn you over, so it was really pleasing to take all three points. They had a real go at us and they are a better side than people give them credit for – they wanted to pass the ball and gave us a few problems.

The goal scorers will get the attention but Simon Royce was really important to the win and made two excellent saves at crucial times. The first one was right on half-time, which could have changed the game if it had gone in, and the other was off Nicky Southall in the second half to keep us in the lead.

It was good to see Simeon Jackson get back on the score sheet. There was a little discussion between him and Simon King about who's goal it was, but I think Kingy's happy to let him have it.

It's a while since Jacko scored so it will give him a bit of confidence. He's been out of the team in the last few games but he's done the right thing and kept his head down. He's one of those players who doesn't sulk when he's out of the team and to look at him you wouldn't realise he wasn't in the team. He's been in and around the squad all the time and you need players like that to be in a good frame of mind. If he was in a bad mood it might affect others.

We've put ourselves in the mix now and it's in our hands. If we were to get something out of last night's game against Darlington and Shrewsbury on Saturday we'd be in a great position going into the last nine games of the season.



DAMAGE: Holcombe ladies dropped two costly points

Ladies' title hopes dashed after draw

HOCKEY

HOLCOMBE ladies' faint East Premier title hopes were realistically extinguished with a draw against Canterbury 2s on Sunday.

Following a defeat to rivals Cambridge City a week earlier, Holcs needed a flawless finish to the season to stay in the title hunt.

They began the weekend well, thrashing Tunbridge Wells 4-0 on Saturday. Jennie Hoyte scored twice, with Lauren Osborn and Emma Holbrook also on target.

Victory kept them in contention, but Mike Haines' side badly needed to beat Canterbury in their game in hand to stay in touch. Hoyte was again among the goals, netting a hat-trick, but even with the fourth goal scored by Julia Axcell it was not enough as the visitors earned a share of the spoils.

With four games to play it left Holcombe in third, seven points behind leaders Dereham. They visit Lowestoft this weekend.

Holcombe's men ended any lingering fears of relegation from the Conference East as they beat Chelmsford 3-1 at Holcombe Park. Holcombe visit Sevenoaks on Sunday.

Dynamos burn out with a weakened side at Oxford

ICE HOCKEY

Oxford City Stars 6 Invicta Dynamos 3

INVICTA Dynamos' long winning streak was brought to an end as a weakened line-up were beaten by play-off bound Oxford City Stars.

The Mos sealed the league title a week earlier with their 18th successive victory, but hopes of carrying the sequence on until the end of the regular season were dashed on Sunday.

Adam Copland, Andy Smith, Jamie Dancey and Tim Smith were all out injured and the Mos were also without banned Slovakian pairing Milan Kostolny and Martin Melicherik.

Karl Lennon scored twice and Laurence Billing was also on target, it could not prevent a first defeat since October. Head coach Kevin Parrish was not unduly concerned by the result, but is hoping it is just a blip with the play-offs and a cup semi-final just weeks away.

He said: "It wasn't the best team we could put out, it was a nothing game really because we've won the title and they are guaranteed a place in the play-offs. Hopefully it was a one-off, we don't want to start getting sloppy because there are still big prizes to play for."

The Mos found out the length of the bans for their import duo last week, with Kostolny receiving a three-game suspension for kicking, while Melicherik was hit with five games for an accumulation of offences.

The Mos have their final home game of the



RARE: Invicta Dynamos slipped to defeat at Oxford

regular league season this weekend when they host Haringey Greyhounds. Face-off at the Gillingham Ice Bowl is at 5.15pm.

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